



# DIET DIARY INSTRUCTIONS

As part of our thorough exploration into your current health status, we would like you to track your nutrition intake for a few days. A **3-DAY DIET DIARY** will allow us to analyze your current food choices to better understand your biochemical baseline and where we should go from here to encourage your expression of optimal health. Try to pick three “normal” days that are a good representation of an average day for you and **BE HONEST!** Make sure to track as you eat. Recalling everything at the end of the day is a much more difficult task than you think!

**YOUR DIET DIARY SHOULD INCLUDE EVERYTHING THAT GOES IN YOUR MOUTH.**

**HERE ARE SOME OF THE DETAILS THAT WE WOULD LIKE YOU TO**

- NOTE:**
- o Exactly **WHAT** foods you put in your mouth (including brand names if applicable)
  - o **HOW MUCH** of each food (portion sizes)
  - o **WHEN** and **WHERE** you are eating
  - o Any **SUPPLEMENTS** or **MEDICATIONS**
    - o Include brand names, doses, and bring the bottles to your next visit if possible
  - o **DRINKS:** water, juice, pop, adult beverages...
  - o Anything else that is put in your mouth!
    - o Gum. Smoking. Candy. Lozenges.

The easiest way to track everything is usually to create a table to note everything or to carry a small notebook with you. There are also some decent online and mobile application trackers (like MyFitnessPal or FitDay) that you can use (and then print out the data to bring to your next appointment).

## A NOTE FOR MOMS

If you are tracking your diet on behalf of your breastfed child, here are a few other details to note.

- o Feeding Times
- o Bowel Movements (when, color, density)
- o Spit-Up
- o Fussy Times / Crying
- o Any food or liquids directly to your child
- o Supplements direct to baby and to you