

# Daily Record of Food Intake

*Your diet may be the key to better health*

This is to help you discover what your triggers are and how you react to foods. It is not a list to place blame or judgment on your activities. **Please be as accurate as you can with your normal diet DO NOT ALTER it, so that as a team we can help you feel balanced.** You will feel more balanced when you eliminate your triggers.

Each day, record all the items you eat and drink. Be sure to include the approximate amount of each item. In the **Notes: section:** Please list any reactions to foods, energy slumps, irritability, jittery, weepy, full, stuffed, not hungry, heartburn or digestive complaints each day. If tracking Blood Pressure and Sugar levels please add them.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth date \_\_\_\_\_

<b>Day 1 – Date:</b>	<b>BREAKFAST Time:</b>	<b>LUNCH – Time:</b>	<b>DINNER – Time:</b>	<b>Notes:</b>
Meat & Dairy				BP
Vegetables & Fruits				Sugar
Breads, Cereals, & Grains				
Fats, butter, margarine,oils				
Candy, Sweets, & JunkFood				
Water Intake (fl. Oz.)				
Other Drinks				
	MID-MORNING SNACK	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:	
Snack and time				
	Bowel Movements	Hours of Sleep	Quality of Sleep: (good) 1 2 3 4 5 (poor)	
<b>Day 2 – Date:</b>	<b>BREAKFAST Time:</b>	<b>LUNCH – Time:</b>	<b>DINNER – Time:</b>	BP
Meat & Dairy				Sugar
Vegetables & Fruits				
Breads, Cereals, & Grains				
Fats, (butter, margarine, oils)				
Candy, Sweets, & JunkFood				
Water Intake (fl. Oz.)				
Other Drinks				
	MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:	
Snack				
	Bowel Movements	Hours of Sleep	Quality of Sleep: (good) 1 2 3 4 5 (poor)	
<b>Day 3 – Date:</b>	<b>BREAKFAST Time:</b>	<b>LUNCH – Time:</b>	<b>DINNER – Time:</b>	BP
Meat & Dairy				Sugar
Vegetables & Fruits				
Breads, Cereals, & Grains				
Fats, butter, margarine,oils				
Candy, Sweets, & JunkFood				
Water Intake (fl. Oz.)				
Other Drinks				
	MID-AM SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:	
Snack				
	Bowel Movements	Hours of Sleep	Quality of Sleep: (good) 1 2 3 4 5 (poor)	
<b>Additional Notes</b>				

<b>Day 4 – Date:</b>	<b>BREAKFAST Time:</b>	<b>LUNCH – Time:</b>	<b>DINNER – Time:</b>	<b>Notes:</b>
Meat & Dairy				BP
Vegetables & Fruits				Sugar
Breads, Cereals, & Grains				Reaction
Fats, butter, margarine, oils				
Candy, Sweets, Junk Food				
Water Intake (fl. Oz.)				
Other Drinks				
	MID-AM SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:	
Snack & Time				
	Bowel Movements	Hours of Sleep	Quality of Sleep: (good) 1 2 3 4 5 (poor)	
<b>Day 5 – Date:</b>	<b>BREAKFAST Time:</b>	<b>LUNCH – Time:</b>	<b>DINNER – Time:</b>	BP
Meat & Dairy				Sugar
Vegetables & Fruits				Reactions
Breads, Cereals, & Grains				
Fats, butter, margarine, oils				
Candy, Sweets, & Junk Food				
Water Intake (fl. Oz.)				
Other Drinks				
	MID-AM SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:	
Snack				
	Bowel Movements	Hours of Sleep	Quality of Sleep: (good) 1 2 3 4 5 (poor)	
<b>Day 6 – Date:</b>	<b>BREAKFAST Time:</b>	<b>LUNCH – Time:</b>	<b>DINNER – Time:</b>	BP
Meat & Dairy				Sugar
Vegetables & Fruits				Reactions
Breads, Cereals, & Grains				
Fats, butter, margarine, oils				
Candy, Sweets & Junk Food				
Water Intake (fl. Oz.)				
Other Drinks				
<i>Food and Time</i>	MID-AM SNACK	MID-DAY SNACK	NIGHTTIME SNACK	
Snack				
	Bowel Movements	Hours of Sleep	Quality of Sleep: (good) 1 2 3 4 5 (poor)	
<b>Day 7 – Date:</b>	<b>BREAKFAST Time:</b>	<b>LUNCH – Time:</b>	<b>DINNER – Time:</b>	BP
Meat & Dairy				Sugar
Vegetables & Fruits				Reactions
Breads, Cereals, & Grains				
Fats, butter, margarine, oils				
Candy, Sweets & Junk Food				
Water Intake (fl. Oz.)				
Other Drinks				
	MID-AM SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:	
Snack				
	Bowel Movements	Hours of Sleep	Quality of Sleep: (good) 1 2 3 4 5 (poor)	
<b>Additional Notes</b>				