



Diet Diary

In order to help you design a meal plan that has a high probability of being achievable and to help you track the effectiveness of the program, it helps me to see what and when you've been eating. The best way to tell me this is by keeping a diet diary. Be as detailed as you can in recording. Be sure to include portion size and preparation (i.e. raw, steamed, fried, baked etc.) as closely as possible. Also record beverages, fats and oils, and condiments (i.e. dressings, mayonnaise, etc.) and indicate your emotional state during each meal.

Record any reactions you experience throughout the day along with the time and whether or not the symptoms appear to be associated with food. For example, if you eat breakfast at 9 a.m., have a headache at 11 a.m., and eat lunch at noon, there would be three entries in your chart, one for each time.

Record as many days as you can. Keep it low stress. If you miss a few meals, move on. Try to remember as best you can, but keep calm and cool about it.