

0 = fast food/restaurant

FOOD LIFESTYLE DIARY

PATIENT NAME: Tamera Morris NEXT APPOINTMENT: 22 Nov DATE: 19 Nov

	 TIME	 FOOD	 DRINK	 DIGESTIVE SYMPTOMS
e.g.	12:00	L chicken sandwich with avocado, white bread	coffee + 2 sugars	bloated and tired
DAY 1	1030	B 2 cinnamon donuts	—	
	1:00	L Whopper Jr. - no cheese	Coke Zero	
	6:30	D Spaghetti + ^{italian} sausage x1	water	tired
		S —		
DAY 2	9am	B 2 eggs, 2 bacon, 1 toast	Coke Zero	
	1pm	L 15 Ritz crackers, 1 mozzarella ^{cheese}	water	tired
	6:30	D Seafood basket, pumpkin ^{stick} ^{pie}	water	bloated
	8:30	S Apple, 2 squares dark choc.	—	
DAY 3	9am	B 2 peanut butter cookies	Coke Zero	
	12:30	L 6" seafood subway, crisps	water	tired
		D Kway teo Noodles	water	bloated
		S 4 peanut butter cookies	—	
DAY 4	8am	B 2 peanut butter cookies	Coke Zero	
	12:00	L 2 eggs, 1 piece toast	water	tired
	6pm	D Tuna + cheese tortilla	—	
		S 2 peanut butter cookies	water	
DAY 5		B cereal + milk	water	
		L Tuna melt, 6 Nutella ^{cookies}	Coke Zero	tired
		D Pizza (spinach)	water	
		S 2 squares chocolate	—	
DAY 6		B bacon/eggs ^{mc} muffin	Coke Zero	
		L 4 nutella cookies		tired
		D Roast beef sandwich	water	
		S 1 cup pistachios	—	
DAY 7		B bacon/eggs ^{mc} muffin	Coke Zero	
		L 4 nutella cookies	water	
		D Roast + veges dinner	water	bloated
		S Citrus tart		

Examples: Drinks = tea, coffee, water, juice, soft drinks, alcohol

Digestive symptoms = headache, bloating, pain, nausea, burping, reflux, flatulence, indigestion, lethargy

B = Breakfast

L = Lunch

D = Dinner

S = Snacks