

Diet Diary for: _____ **Beginning Date:** _____

The purpose of this diary is to provide you and Dr.McGee with an unbiased record of your normal eating habits. Simply eat your **typical diet** for seven days in succession and record it. Under breakfast, lunch, dinner and snack columns, list food and drink, ingredients and amounts. Under Notes, list time symptoms such as mood swings, indigestion, headaches, fatigue, etc.

	Day 1	Day 2	Day 3
Breakfast			
Lucnh			
Dinner			
Snacks			
Notes			