DIET DIARY INSTRUCTIONS

Please record your diet for a *minimum of three days*. These three days do not need to be consecutive but should be representative of your typical diet. Two of the days should be typical weekdays (or work days) and the third should be a typical weekend day (or non-work day). Do your best to complete this diary as you go and not at the end of the day.

As best you can, please *describe* the food you are eating or the beverage you are drinking. For example, instead of writing “cup of coffee,” write “12 oz of french press coffee with 1 tsp of sugar and 1 oz of half-and-half,” or instead of “steak burrito,” write “large burrito with steak, spanish rice, refried beans, lettuce, tomato, sour cream, and jack cheese.” In other words, include the contents and amounts of the foods and beverages you are eating and drinking.

Please list your bowel movements, urine voids and any flatulence (gas). Try to correlate these entries with times and make note of any changes or abnormalities such as diarrhea or constipation. Please also include the color of your urine.

Write in your emotions, as well as energy and physical stress levels. This is the place to chart your ups and downs during the day. Typical entries might include: “sad, depressed, high energy, low energy, very happy, tired, poor sleep last night, sleepy, runny nose, caught a cold, feeling very irritable, fighting with partner.” Do not limit yourself to just these entries. What is important is that you depict a picture of the ebbs and flows of your day. Again, try to correlate the entries as closely as possible with times.

Lastly, list your activity level (i.e., whether you are sedentary or active). Typical listings might include, “short walk, worked in the garden, ran three miles, sat in the office all day.” Please also include what time you woke up and went to sleep each day.

For parents: If you are completing a diet diary for your child please follow the instructions above for your child’s diet. Again, do your best to complete the log as you go rather than at the end of the day and be sure to list only the foods actually consumed not foods offered.

For parents of excusively breastfed babies: Please complete the food and fluids columns for the mothers diet as described above. Fill out the elimination, feelings and activites columns for the baby. Please also list the time and duration of each nursing session in the activities column.

For parents of breastfed babies who also eat solid foods: Please complete one diet diary for the mother as described above for exclusively breastfed babies and another for the baby listing solid foods consumed.

For parents of formula fed babies: Please list the name and type of formula (milkbased; soy-based; partial or extensively hydrolysed milk proteins) and the amount consumed (not the amount offered). Complete all other columns as described above.