

## DIET DIARY

Please complete the following table for one week. The diet diary is an excellent tool for you and your ND to assess eating patterns, food sensitivities as well as the cause and effect relationship between food and symptoms. Please include any symptoms such as gas or bloating in the note section at the bottom of the table.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							

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**Notes:**