

Lorraine Caron, N.D.

1918 S. Lemay Ave., Ste. A • Fort Collins, CO 80525 • (970) 232-8447

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**Diet Diary for:** \_\_\_\_\_ **Beginning Date:** \_\_\_\_\_

The purpose of this diary is to provide you and your doctor with an unbiased record of your normal eating habits. Simply eat your typical diet for six days in succession and record it. Under the breakfast, lunch and dinner columns, list food and drink, ingredients and amounts. Under BM times, list bowel movements. Under Notes, list symptoms such as mood swings, indigestion, headaches, fatigue, etc. Don't forget to include snacks.

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Notes</b>	<b>BM times</b>
Day 1				
Day 2				
Day 3				

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Breakfast	Lunch	Dinner	Notes	BM times
Day 4				
Day 5				
Day 6				