

Daniella Chace, MSc, CN

Diet Diary Form

A diet diary helps us see where you need help. Keeping a record of the food you eat will help us see where you are experiencing food related symptoms, such as food allergies.

Also, it will also provide an accurate record of macro- and micro-nutrient intake. If I see that your diet is lacking in necessary nutrients, I will send you ideas for increasing those nutrients through food or supplements.

Jot down all food intake for three days. Please include, gum, alcoholic beverages, sugar-free items such as diet sodas etc. Be sure to record the food you eat right after eating as studies have found that this is the only way any of us can actually remember what we ate exactly.

Also note feelings and symptoms such as hunger, confusion (brain fog), cravings, headaches, stomachaches, dry eyes, fatigue, etc. These are all clues about how the foods you eat are affecting your body.

Please include notes that let me know where you are struggling. For example, if you feel hungry when you wake up and find it hard to make breakfast before your blood sugar drops low, or if you eat ice cream before bed because you crave sugar, or you eat foods you know have a negative impact on your health just because the rest of the family eats them, let me know so that I can help you find solutions.

Please return the completed form via email to daniellachace@gmail.com or via mail to:

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Eat as you normally would and add brand names of products if you would like me to look at product labels.

All you need to do is make a record of your diet, no diet changes at this time. Help is on the way, and congratulations, you are taking charge of your health!

Day One

Time of Day

Food and Quantity

Mood/Symptoms

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Notes:

Day Two

Time of Day

Food and Quantity

Mood/Symptoms

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Notes:

Day Three

Time of Day

Food and Quantity

Mood/Symptoms

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Notes: