

3 DAY DIET DIARY

This diet diary should be completed prior to your appointment with your naturopath and brought with you to your appointment. Please include as much details as possible eg. Type of bread used on sandwiches, whether food is packaged, takeaway or fresh, any dressings or oils used in cooking, any drinks etc....

DAY 1	DAY 2	DAY 3
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
<u>Morning snack</u>	<u>Morning snack</u>	<u>Morning snack</u>
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
<u>Afternoon snacks</u>	<u>Afternoon snacks</u>	<u>Afternoon snacks</u>
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
<u>Other snacks</u>	<u>Other snacks</u>	<u>Other snacks</u>

Water Intake per day –

Coffee/teas per day –

Alcohol per day -