

DIET DIARY

Track your food intake daily, paying particular attention to timing and choice of snacks. Be as specific as you can when possible (for example, “steel cut oats with walnuts, 1% cow’s milk, berries and walnuts” instead of “oatmeal.”) Write down any major stressors throughout the day that might have skewed your usual food intake, such as arguments, late nights at work, etc. Include time of day that you consumed your meals, if possible.

MEALS	SNACKS/WATER	GI RESPONSE?
B: L: D:		



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