

Instructions for Completing the Food Journal

Please fill it out for 3 days of “normal eating”. Aim for 2 work days and 1 non-work day.

Don't feel like you have to be on your best behaviour!




Please know right up front, there is absolutely no judgments about the foods you eat. My goal in collecting this information is simply to be able to identify foods that might be symptom triggers for you, inform you of potential nutritional or dietary deficiencies that could be causing symptoms, and understand patterns that might be causing symptoms, cravings, or conditions. Please give me as accurate a reporting of what you're eating at each meal, snack, and in the evening as possible.

Here are some tips for providing the most helpful possible information:

- Record what you've eaten as soon as possible after each time you eat (**FOOD**)
- Don't change your usual eating behaviours
- Describe the food or beverage consumed. e.g., milk - what kind? (full fat, skim, almond); toast -(whole wheat, white, buttered); chicken - (fried, baked, crumbed), etc.
- Record the amount of each food consumed using standard measurements as much as possible, such as 250mls, 1/2 cup, 1 teaspoon, etc.
- Include any added items. eg: tea with 1 teaspoon sugar, potato with 2 teaspoons butter, etc.
- Please record all fluids & beverages, including water. List them in the “Fluids” category & circle the smiley faces for your water intake
- Please record how you felt (**MOOD**) within 2 hours of meals, snacks, or beverages. When I say ‘mood’, I don't just mean how you feel *emotionally*. I mean how you feel up and down, inside and out. If you felt especially well, or if you noticed any symptoms, such as bloated, gasey, headachey, tired, itchy, swollen. Are there people & circumstances in your life making you: angry, sad, anxious. Take this time to notice & jot them down.
- Please record your “output” (**POOP**). Frequency, consistency & colour in the “poop” column. This can give us a lot of clues to your digestion & gut health. Yup, you have to look down in to the loo! :-)

Why Track?

This initiative is about so much more than just tracking. Its one of the best tools for making associations between how we feel and what we do—the sweet spot where we actually have more impact over our signs and symptoms than we might realize.

-  No judgment.
-  No assessments.
-  Just tracking.

Pre-Consult Food, Mood & Poop Journal

Name: Date:

<p>morning (time)</p> <p>Snack (time)</p> <p>Lunch (time)</p> <p>Snack (time)</p> <p>Dinner (time)</p> <p>Snack (time)</p> <p>Fluids</p>	food	mood	poop
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

250ml cup/glass water: 😊😊😊😊😊😊😊😊😊😊😊😊

Bedtime previous night: _____ wake time: _____ # times I woke up through the night: _____

Pre-Consult Food, Mood & Poop Journal

Name: Date:

	food	mood	poop
morning (time)	_____	_____	_____
Snack (time)	_____	_____	_____
Lunch (time)	_____	_____	_____
Snack (time)	_____	_____	_____
Dinner (time)	_____	_____	_____
Snack (time)	_____	_____	_____
Fluids	_____	_____	_____

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Dinner (time)	_____	_____	_____
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Fluids	_____	_____	_____

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