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How to Use Your Food Record

The purpose of this daily record is to help you identify the food that you are eating day in and day out, and to help you discover which, if any foods, medicines, beverages or other substances are contributing to your symptoms. This information is invaluable in helping us design a nutritional program that is tailored to your specific needs. It is especially important that the information you record in this diary be as accurate and as complete as is humanly possible.

Directions for Filling out Your Food Record

1. Write down everything that enters your stomach, including water, medicines, vitamins, snacks, alcoholic beverages, soft drinks, etc.
2. List the ingredients of mixed dishes and combinations of foods. If you have a ham sandwich, for example, indicate the kind of bread, spread, dressing, etc. that makes up that sandwich.
3. List any symptoms you feel throughout the day and the time they occur and their duration. These might include such things as "headache, fatigue, better energy, irritability, extreme hunger, intestinal gas, etc."
4. Don't put off filling out the food record until the end of the day or before you go to bed at night. Fill in the information just before or after eating. Carry the food record with you in your pocket or purse.
5. **Please keep your food record for 10 days.** Included here is a template for your food record. Use one page per day. Or you may choose to make your own form. Either way is fine. Legibility is what counts here.

