A close up of a sign

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**FOOD DIARY**

Petra Salo

dited Practising Dietitian

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Please complete the following food diary prior to your appointment. It is important to be completely honest and as accurate as possible. Record all food and fluids consumed and be specific about brand names and serving sizes. Try to record “usual” days, so that it gives a clear picture of your typical food intake. Please record your intake for a minimum of three days, including one weekend day. If possible, please email the diary to: [psnutritionsolutions@gmail.com](mailto:psnutritionsolutions@gmail.com) at least a day before your appointment, or alternatively, bring in with you.

***Example:***

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| --- | --- | --- | --- |
| **DAY: 1 Day of the week: Monday** | | | |
| **Meal / time:** | **Food / drink:** | **Amount:** | **Symptoms / other notes:** |
| BF (breakfast) 7am | Kellogg’s Branflakes | 1.5cups | I usually eat more but I was in a rush. |
|  | Semi -skimmed milk | 2 glasses (500ml) |  |
|  | Banana | Medium size |  |
|  | Coffee, dash of semi-skimmed milk, 1tspoon of sugar | Mug | Had mild reflux straight after BF. |
| Snack 10am | Mixed nuts, unsalted and grapes. | Small handful of each. |  |
|  | Tea with full fat milk and 1 tspoon of sugar. |  |  |

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