Instructions for 3-day food diary:

"Living beings have always depended on food to maintain their life. But, at the same time, they are unaware of the fact that even food has positive and negative aspects." *Sun Si-Miao, Chinese physician, 540 CE – 682 CE*

Too much food or drink, or the wrong food and drink, or not enough of the right food and drink can disrupt the whole physiological system. One of the most important things to remaining healthy and treating illness is eating the appropriate diet. Tracking and recording what you eat for three days will help to give an idea of these possible imbalances.

"Let food be thy medicine and medicine be thy food" *Hippocrates, Greek physician ca. 460 BCE – ca. 370 BCE*

1. Mark down everything you **eat and drink** on the provided journal pages.

2. **Do not change** your normal eating habits.

3. Include at least one **weekend** day (or day off from work) in the three days.

Food Diary Day 1

Name:_____. **Date:**_____.

Time	**Amount**	**Description**
e.g. 8 am	Give as tsp, tbsp, cups, oz, weight or portion size	Give a detailed description including type of food, brand name, or restaurant. You may also want to note how you felt after eating this food.

Name:_____. **Date:**_____.

Food Diary Day 2

Name:_____. **Date:**_____.

Time	Amount	Description

Food Diary Day 3

Name:_____. **Date:_____.**

Time	Amount	Description