



My daily intake food diary

“Choose health, live healthy, be healthy”

Date:	Breakfast	Morning tea	Lunch	Afternoon tea	Dinner	Fluids	Comments	Bowel (✓)
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Please include all beverages consumed including tea/ coffee/ juices or water. Please take note of how you feel after each meal time eg bloating, burping, Flatulence, abdominal discomfort, etc. and please tick bowel for each bowel movement, please indicate with N - for normal, C – constipated or L – Loose.