

Diet and Lifestyle Record Guidelines

INSTRUCTIONS:

1. Write down the type of food you eat at each meal. Record ANYTHING and EVERYTHING that passes your lips.

This includes snacks and the pass-thru-the-kitchen-to-get-to-the-other-room nibbles. Be as specific as possible. Include sauces, gravies or any condiments – with the brand name.

2. Write down every morsel.
Keep your form with you all day and write down everything you eat and/or drink, no matter how small – or large – the serving. A piece of candy, package of Oreos, handful of nuts or soft drink or juice.... ANYTHING that crosses your lips.
3. Do it NOW!
Write it down immediately. Don't depend on your memory at the end of the day.... Record as you go.
4. Be specific.
If you eat a BLT, write it down. Include WHAT you eat with it (bread, mayo, cheese, onion rings, fries, cappuccino, chips, etc.) If you use oil to cook with, write down the exact oil used (olive, sesame, coconut, butter, etc).
5. Tell the truth.
There's nothing to be gained by trying to look good or please us when you are filling out the food log. We can help you more if we know exactly what you're eating so help us!
6. Track any lifestyle habits that you are concerned about.
Bowel Movements, Sleep habits, exercise, Symptoms better or worse.
7. Make additional comments.
If there is anything else you feel the doctor needs to know, make sure to write it down! Food related or not.

EXAMPLE

BREAKFAST/LUNCH/DINNER. Snacks, if any, and any other notes.

BREAKFAST

2 eggs
1 packet oatmeal
2 black coffees

LUNCH

Corned beef on rye
1 Soda
2 Cookies

DINNER

Caesar salad
Lasagna @ Olive Garden
Bread sticks

Bowe Movement: Very sluggish today

Comment: I had a headache turn on after lunch.



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