

## **INSTRUCTIONS FOR FILLING OUT A FOOD DIARY:**

1. **DATE**: Please write the month in order to avoid confusion. For example, January 4, 2004 and NOT 04/01/04, since this could mean January 4, 2004 or April 1, 2004 (depending on how you look at it).
2. **TIME**: For clarity, please use the 24-hour clock so you won't need to include A.M. or P.M. For example, 15:30 instead of 3:30 P.M.
3. **AMOUNT**: Please specify, in any way possible, the amount of food a person eats. For example, in Tbsp. (tablespoon), Tsp (teaspoon), slices, cups, glasses, or individual servings of the items. If you can approximate the size of the meat either in inches (3" X 4") or in ounces (6 oz. Of steak), that would be helpful.
4. **TYPE OF FOOD**: Please include any details that may be helpful here. For example, brand names like Raisin Bran cereal or Ritz crackers will be more helpful than simply crackers and cereal.
5. **SYMPTOMS / REACTIONS (IF ANY)**: Please include any possible symptoms here to help identify possible problem foods for him/her. This can include burping, gagging, vomiting, gas (flatulence), diarrhea, and cramps (indicated by holding abdomen or flinching if someone tries to touch him/her there). It can also include head banging, in case some foods may cause headaches for him/her, (although we will be able to cross-reference the data you'll be collecting on the other sheet, it would be helpful here, too). Please also include the time of the event.

**Thank you for all your time and effort.  
It is greatly appreciated!**

