

FOOD DIARY

Name : SAMPLE Date : 22 Oct. 2011

<u>TIME</u>	<u>AMOUNT</u>	<u>FOOD</u>	<u>SYMPTOMS/REACTIONS</u> (if any)
09:30	½ cup	Kellogs Corn Flakes	
	½ cup	2% milk	
	125ml	Jus d'orange	
	2 slices	Toast (W W)	
	1	Egg	
	1tsp	marmalade	
10:45	3 slices	watermelon	
	4 slices	Green apple	
	6	Raisins	
	500ml	water	11:30 irritable, yelling X 2
12:15	2	Egg sandwich (eggs & mayo, Celery & onion)	
	600ml	2%milk	
	1	Banana muffin	
15:30	2 glasses	water	
	6	Ritz crackers	
	3 slices	Kraft cheese	
18:30	2 bowls	Spaghetti with meat sauce	
	2 slices	Garlic bread	
	500ml	Coffee with 2%milk	
	1piece	Chocolate cake	
20 :30	1piece	Chocolate cake	
	250ml	2%milk	
			21:30 yelling, crying, refuses to go to sleep, hitting her abdomen & in fetal position (bent over)

