

## How to keep a food + symptom journal

The purpose of your food + symptom journal is to help your dietitian identify correlations between your food intake and how you're feeling. Following the instructions below will help you get the most out of your food journaling experience.

**\*\*Please always send a copy of your latest journal to your dietitian before your appointments\*\***

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### Instructions

1. **Write down everything that you eat or drink, including all foods, beverages, supplements, and medications.** Include all meals, drinks and snacks from the time you get up until you go to bed.
2. **Be honest!** This form is useful only if it's completely and accurately filled out every day.
3. **Keep your food journal with you all day.** Write down the information as soon as you finish eating, since meals are difficult to recall in detail after time has passed.
4. **When recording your food diary, imagine that someone wants to duplicate your meals as closely as possible and needs to know as many details as possible about what you ate.**
  - **Describe the type of food you have eaten,** giving as many details as possible.
    - For example, if you drank milk, indicate whether it was whole, skim, or 2%
    - Was the food fresh, frozen, or canned?
    - Do you know the brand name?
    - Was the food organic, conventional, enriched etc?
  - **Describe how the food was prepared** {raw, baked, boiled, steamed, etc.} and note if you followed any other special preparation or cooking techniques.
  - **Indicate the amount you ate**
    - Estimate the size, volume, weight, or the number of items (12 French fries)

### Recording Symptoms

- **Be sure to record the date and time of your food intake and when symptoms occur.**
  - Remember, your dietitian is looking for correlations between intake and timing of symptoms. This information is critical in helping to resolve any issues that may arise while following the LEAP diet.
- **Anytime you eat, make a note of how you've been feeling throughout the day** – you can make notes of things like mood, energy levels, weather, and stress. Also, please note if you're feeling great and are symptom free.
- **In the symptom column, you should record ALL physical symptoms.**
  - **For recurring symptoms it's helpful to rank them on a scale of 1-10** (1 meaning barely perceptible symptom and 10 meaning the most severe.)
  - **To make record keeping easier, for some common symptoms, you may want to develop some abbreviations.** "D" for diarrhea, "C" for constipation. "M" for migraine, etc.
    - (For example, D-1 might be very minimal diarrhea, M-10 would be a very severe migraine.)
    - Please note keep a key to your abbreviations in an easy to find place for your dietitian.

## Food + Symptom Journal



Name: \_\_\_\_\_

Dates: \_\_\_\_\_

Date + Time	Meds + supplements	Food Consumed	Symptoms