|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ***FOOD DIARY (Time/ What are you eating or drinking ?/ How do you feel? / What you were doing during eating?/Stools and urine info)*** | | | | | | |
|  | BREAKFAST | MORNING SNACK | LUNCH | AFT. SNACK | DINNER | EVENING SNACK |
| MONDAY |  |  |  |  |  |  |
| TUESDAY |  |  |  |  |  |  |
| WEDNESDAY |  |  |  |  |  |  |
| THURSDAY |  |  |  |  |  |  |
| FRIDAY |  |  |  |  |  |  |
| SATURDAY |  |  |  |  |  |  |
| SUNDAY |  |  |  |  |  |  |