

Please complete a food diary
How to complete this food diary:

- 1 Keep a record of what you eat and drink throughout the day, times and how much. Be honest and list all of the foods and fluids.
- 2 Choose a minimum of five normal / average days; possibly three working days and 2 weekend day
- 3 Carry this diary with you at all times on these days and complete after every meal, drink or snack
- 4 Give as much detail as possible to:
 - What times you were eating
 - How often you thought about food
 - What types of food
 - If there was any discomfort eating this food
 - If there were any other symptoms associated with the eating of any foods
5. Send me your food diary prior to your visit by email or post