reactions. These instructions will help you get the most out of your food/symptom diary. Be sure your dietitian receives copies of your food records prior to appointments.				
<b>Instructions:</b> Record just one food per line. Record all foods, liquids, water and meds consumed. Note also any specials activities, weather, illness, and any other observations. Feeling any symptoms at any time? What are they and how severe?				
Date/Time	Meds/supplements taken	Food Eaten, Amounts and Description: brand preparation, etc	Symptoms? What and how severe? Use as many lines as needed for details in each category.	

LEAP FOOD/SYMPTOM DIARY: NAME\_\_\_\_\_\_ DATE/S: \_\_\_\_\_ Weight\_\_\_\_\_

The information you record in your Food/Symptom Diary is essential to help you and your dietitian identify potential hidden food

Date/Time	Meds/supplements taken	Food Eaten, Amounts and Description: brand preparation, etc	Symptoms? What and how severe? Use as many lines as needed for details in each category.

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