



stella new
homeopathy & nutrition

personal food diary

How to complete your food diary:

1. Choose four normal/average days; including at least one home or rest day.
2. Please list all the food and fluid you consume throughout the day including snacks. Try to be honest, no-one will be judging you!
3. Carry this diary with you at all times on these days and aim to complete it after every meal, drink or snack.
4. It is important to give as much detail as possible to show quantity
 - Teaspoons, tablespoons, cups or pints
 - Can/tin size
 - Small, medium or large portion
 - Brand names or ingredients of composite meals (or cut out and attach the ingredients list)
 - Type of milk used
 - Fried, steamed, boiled, roasted, fresh, frozen, canned or dried food
5. Use the comments box to explain any unusual symptoms or events in the day.
6. Please return your completed food diary and questionnaire to the address below.
7. Please send it so it will arrive a minimum of four working days before your initial consultation.
8. If you have any queries please call me on 01730 810008.

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| Day/Date | | Time of waking: _____ | Day/Date | | Time of waking: _____ | Day/Date | | Time of waking: _____ | Day/Date | | Time of waking: _____ |
|----------|-----------------------|-------------------------|----------|-----------------------|-------------------------|----------|-----------------------|-------------------------|----------|-----------------------|-------------------------|
| | | Time fell asleep: _____ | | | Time fell asleep: _____ | | | Time fell asleep: _____ | | | Time fell asleep: _____ |
| Time | Food & Fluid Consumed | | Time | Food & Fluid Consumed | | Time | Food & Fluid Consumed | | Time | Food & Fluid Consumed | |
| | | | | | | | | | | | |
| Comment: | | | Comment: | | | Comment: | | | Comment: | | |