



Greyfriars Medical Centre

33-37 Castle Street, DG1 1DL, Dumfries

T: 01387 257 752

Name:.....

Date of Birth:

Food Diary

Please keep a detailed record of all the food and drinks you consume throughout the day and night. Include meals, snacks, nibbles, and drinks in your record. It is important to note the actual food consumed, rather than just what was served. Aim for accuracy in recording the amount of food eaten. Additionally, feel free to add relevant notes such as "tummy pain," "feeling sick," "diarrhoea," or any other observations or symptoms you may experience.

	Breakfast	Lunch	Dinner	Snacks	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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Monday					
Tuesday					
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