

# Food and Drink Diary



This fact sheet is one in a series developed for cancer survivors who have finished active treatment. Eating well and maintaining a healthy weight may help lower the chances of some cancers returning and improve overall health.

## You may find it helpful to use a food and drink diary to keep track of what you are eating throughout the day.

### Why keep a diary?

A diary can motivate you to eat more healthily and have more variety in your food. It can also be useful if you're getting symptoms – such as reflux, nausea or headaches – that you think might be linked to particular foods. Your dietitian can go through your diary with you and help identify any problem foods.

### How to use the diary

Record what you eat and drink each day. You can write down the information as you go or fill it in at the end of the day, whichever is easiest for you.

Use the comments section to note how you felt after a meal or if there's something about your eating habits that you wish to discuss with your dietitian.

You can photocopy this table or use a notebook to record your daily food intake over a few weeks.

Date:

Meal	Foods eaten	Comments
Breakfast		
Mid morning snack		
Lunch		
Mid afternoon snack		
Dinner		
Supper or after dinner snacks		
Water and other drinks consumed through day		



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*This fact sheet provides general information only and is not a substitute for individual health advice. You should talk to your doctor or dietitian about your specific situation.*

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