

# 7 Day Diet Diary

What we physically eat is of paramount importance to the quality of health that we can experience in life. The 15,000 year old wisdom of Ayurvedic medicine sees “**Food**” as everything that comes into us through our five senses, what we see, hear, smell, feel and of course taste. All of these sights, sounds, touches and smells, form our interface with our environment and the subsequent ingestibles affect us profoundly.

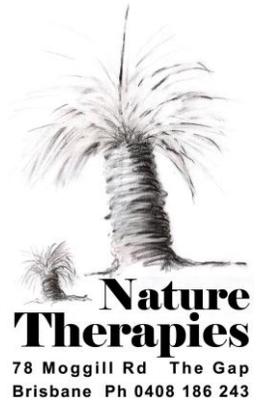
For your seven-day diet sheet we are mainly looking at the physical food that you normally eat over a full week. If anything significant comes into your life through the other senses during that time, in a positive, negative or stressful way then please make a note to the side as these things can positively or negatively influence our digestion. **Digestion**, is the second phase of what we do with our food after we take it in and it is a combination of good food and good digestion that produces health. (You may eat sensational food, but digest it poorly and suffer as a result.)

There is an easy way to keep your diet diary if you eat the same thing at the same meal, for example breakfast. Simply write out the content every meal in great detail, including what you might have on the

sandwiches, butter or margarine, and the sauces you may use on the salad or roast etc. We need to be aware of all the ingredients in a meal as you may be reactive or allergic to quite small quantities of condiments or additives. If this meal is repeated, simply put “ ” for the following days and note any changes or omissions on the space for that day.

Please be honest and neither enhance or detract from what you normally eat. We are looking for a representative, seven-day snapshot of what you have been habitually eating, including snacks, drinks and comfort food. This gives us the most accurate information possible on how your physical food may be enhancing or detracting from your health. Most importantly, have fun doing this! Many patients have commented that this is an “**illuminating**” process, and never before have they been able to see on one sheet, the breakdown of the foods that fuel them for the week. Obviously, this is also extremely useful for us as we can see not only the types of nutrients that you are consuming, but also their macrobiotic balance i.e. the ratio of carbohydrates, proteins and fats.

Happy diary-ing.



	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
<b>Breakfast</b>							
<b>M/ tea</b>							
<b>Lunch</b>							
<b>A/ tea</b>							
<b>Dinner</b>							
<b>Supper</b>							

