**Completing your 7 day food diary - a checklist**

When you come for a consultation I may suggest you completing a 7 day food diary so that I can see if there are easy changes we can make to benefit your condition or support fertility or pregnancy.

* Choose a typical week
* Complete the diary on either Word or Excel and email it to me.
* Let me know if
	+ there are foods you can’t eat
	+ there are foods you prefer not to eat
	+ you follow a specific diet such as vegan or gluten free
* Include...
	+ everything that you eat for seven days (it is usually important to include the weekend as many of us eat differently then)
	+ everything you drink
	+ the times that you eat
	+ brand names
	+ when cooking at home a brief list of ingredients

I will then do some colour coding and some counts to help illustrate how your nutrition balance looks, and will email the chart back to you together with some ideas and suggestions for how that balance might be improved.  I may also suggest particular foods that will benefit you and your aims.