DIETARY INTAKE LOG

Kim Fedderly PharmD., MS Holistic Nutrition
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List what you have eaten over the past 3 or more days. (Not what you wish you consumed!!)

Date	Time	Food	How Prepared?	How did it make you feel?	Mucous, Gas, Diarrhea, itchy, inflamed, pain, overly full, bloated, energized, tired??

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