

Compliments of:

Julie A. Bauer, MD **Kimberley A. Bourne, MD, FACE**
Board Certified Endocrinology, Diabetes and Metabolism

Dietitian's Visit

Dr Bauer/Dr Bourne has recommended that you see our dietitian/diabetes educator for assistance with meal planning and food selection. Before your appointment, she requests that you keep a food diary for 3 days. This helps the dietitian to assess your nutritional needs and give your better guidance with setting realistic nutritional goals.

Please follow the instructions below when completing your records:

1. Record all food eaten, including how it was prepared (baked, fried...)
2. Record the amount eaten as specific as possible (cup, TB, ounces...)
3. If the food is a combination food (soup, macaroni and cheese..), list approximate amount of each food item (1 c vegetable soup: ½ c. rice, 4 baby carrots, ½ c. peas...)
4. Include all condiments and amount used (2 TB sour cream, 1 TB ketchup...)
5. Include all beverages – regular/diet soda, punch, alcohol, and water
6. Include any exercise that you are currently doing (walked for 20 minutes)

Completing this form as outlined and bring to your office visit will help utilize your time with the dietitian more efficiently.

Your doctor has recommended that you see the dietitian so if for some reason you are unable to keep the appointment please give us a call to reschedule.

Come to your appointment prepared:

- Questions ???:

- Bring completed diet diary
- Pen and paper – (ready to record your new lifestyle goal and what it will take to accomplish this!)

It will take a lot of work on your part but you must believe that you can do it. We are here to help guide/support you with meeting your goals – one step at a time.

Take charge of your health today!!!

3-Day Food Diary

Date	Time <hr/>	Food eaten (include amount) B- <hr/> L- <hr/> D-	Exercise (walk, bike, gym). Please include activity and time/duration.
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