Dietary History (Day 1)

- Please maintain this diary for **three full days** prior to consultation.
- Try to fill in the diary **every few hours** to avoid memory lapses
- Please be accurate and truthful write down exactly what you are giving your child every day, otherwise, it is difficult to come up with a customized treatment plan for your child
- Quantities must be mentioned in terms of ml (for fluids), grams for solids. If it is a single food item like say, an apple, then please write half a small apple or if a chocolate, then say two squares of a Cadbury's milk bar.
- If you are breastfeeding your child, roughly for how long did you breastfeed him / her
- You can also indicate in the last column whether the **child passed stools or soiled his clothes** or nappy.
- Do mention how much water / aerated drinks / other liquids that you give too (both with and in between meals).

Time of Day	Type of Food / Drink	Quantity Given	Passed stools / Soiling

Dietary History (Day 2)

- Please maintain this diary for **three full days** prior to consultation.
- Try to fill in the diary **every few hours** to avoid memory lapses
- Please be accurate and truthful write down exactly what you are giving your child every day, otherwise, it is difficult to come up with a customized treatment plan for your child
- Quantities must be mentioned in terms of ml (for fluids), grams for solids. If it is a single food item like say, an apple, then please write half a small apple or if a chocolate, then say two squares of a Cadbury's milk bar.
- If you are breastfeeding your child, roughly for how long did you breastfeed him / her
- You can also indicate in the last column whether the child passed stools or soiled his clothes or nappy.
- Do mention how much water / aerated drinks / other liquids that you give too (both with and in between meals).

Time of Day	Type of Food / Drink	Quantity Given	Passed stools / Soiling

Dietary History (Day 3)

- Please maintain this diary for **three full days** prior to consultation.
- Try to fill in the diary **every few hours** to avoid memory lapses
- Please be accurate and truthful write down exactly what you are giving your child every day, otherwise, it is difficult to come up with a customized treatment plan for your child
- Quantities must be mentioned in terms of ml (for fluids), grams for solids. If it is a single food item like say, an apple, then please write half a small apple or if a chocolate, then say two squares of a Cadbury's milk bar.
- If you are breastfeeding your child, roughly for how long did you breastfeed him / her
- You can also indicate in the last column whether the child passed stools or soiled his clothes or nappy.
- Do mention how much water / aerated drinks / other liquids that you give too (both with and in between meals).

Time of Day	Type of Food / Drink	Quantity Given	Passed stools / Soiling