
Patient Food Diary



LET'S GET STARTED

Welcome. Inside you'll find diary pages where you can record the food you eat over the next two weeks. Please make a note of any symptoms you may experience in the spaces provided. There's a handy notes space on each spread should you feel there are any particular symptoms you think you need to explain a bit more.

Good luck, let's overcome this problem.

You can download an additional copy of our Just Milk Patient Food Dairy by visiting:
www.justmilk.com/lactose-free/links



DAY 1

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

DAY 2

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

DAY 3

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

DAY 4

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

DAY 5

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

DAY 6

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

DAY 7

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

Notes:

WEEK 1

DAY 8

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

DAY 9

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

DAY 10

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

DAY 11

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

DAY 12

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

DAY 13

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

DAY 14

Breakfast:

Symptoms:

Lunch:

Symptoms:

Dinner:

Symptoms:

Notes:

WEEK 2

ENJOY MILK AGAIN

JUST MILK Lactose Free* is an important source of many essential nutrients, including protein, calcium and B vitamins, and plays an important role in keeping teeth and bones healthy... perfect for the entire family.

Now you can enjoy all the same foods and health benefits of milk as part of a healthy balanced diet. So choose a bowl of cereal before work or a large latte at lunchtime. Enjoy a refreshing milk shake, or a naughty slice of cake. With JUST MILK Lactose Free*, the choice is yours again.

For more information about our products please visit:
www.justmilk.com/lactose-free/intolerance

*Just Milk Lactose Free contains less than 0.1% lactose and is suitable for most lactose intolerance sufferers.

