

# Food Journal

Think you're lactose intolerant? Use this journal to help track your daily food intake and share your findings with your doctor.

Week of \_\_\_\_\_

## Eat Confidently, Live Fully: Myths and Misperceptions about Lactose Intolerance

- Nearly 1 in 10 adults report being lactose intolerant, and that's through self-diagnosis.
- If you're experiencing symptoms such as gas, bloating or diarrhea, consult your doctor for a proper diagnosis.
- Even if you're lactose intolerance, that doesn't mean you necessarily need to give up nutritious dairy foods.
- No two people diagnosed with lactose intolerance are the same, and neither is the amount of lactose in your favorite dairy foods, so find what works best for you.
- Visit [nationaldairycouncil.org/li](http://nationaldairycouncil.org/li) for tips on how to still enjoy dairy even if you're diagnosed with lactose intolerance.

Note: Use the blank lines to fill in other options not listed.

| Monday | Meals + Snacks | Dairy (if included)      | Dairy Amount                             | Symptoms                                 |
|--------|----------------|--------------------------|--|--|
|        |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|        |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|        |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|        |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|        |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |

| Tuesday | Meals + Snacks | Dairy (if included)      | Dairy Amount                             | Symptoms                                 |
|---------|----------------|--------------------------|--|--|
|         |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|         |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|         |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|         |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|         |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |

| Wednesday | Meals + Snacks | Dairy (if included)      | Dairy Amount                             | Symptoms                                 |
|-----------|----------------|--------------------------|--|--|
|           |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|           |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|           |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|           |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|           |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |

| Thursday | Meals + Snacks | Dairy (if included)      | Dairy Amount                             | Symptoms                                 |
|----------|----------------|--------------------------|--|--|
|          |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|          |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|          |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|          |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|          |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |

| Friday | Meals + Snacks | Dairy (if included)      | Dairy Amount                             | Symptoms                                 |
|--------|----------------|--------------------------|--|--|
|        |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|        |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|        |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|        |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|        |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |

| Saturday | Meals + Snacks | Dairy (if included)      | Dairy Amount                             | Symptoms                                 |
|----------|----------------|--------------------------|--|--|
|          |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|          |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|          |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|          |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|          |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |

| Sunday | Meals + Snacks | Dairy (if included)      | Amount                                   | Symptoms                                 |
|--------|----------------|--------------------------|--|--|
|        |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
|        |                | milk yogurt cheese _____ | A FEW SLICES 1/4 CUP 1/2 CUP 1 CUP _____ | none bloated cramps gassy diarrhea _____ |
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**Don't forget:** Only a doctor can truly diagnose whether you have lactose intolerance.