

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 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 _____
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		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 _____
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		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 _____
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		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.