UW Hospital Metabolic Stone Clinic

Diet Record for Metabolic Stone Clinic

For most accurate information, log 3-4 days worth of your food and beverage intake. **Be as descriptive as possible,** for example, indicate what type of milk, bread, cereal, etc. you ate. Also, the more accurate your measurements, the more accurate the data. When possible, use household measuring tools such as measuring cups and spoons. USE ADDITIONAL PGS. AS NEEDED. **Bring this record to your appointment at the UW Hospital Metabolic Stone Clinic.**

DATE	MEAL OR TIME	FOOD / BEVERAGE	AMOUNT