

Gut Check: Exploring Your Microbiome | Personal MicroBiome Project

Daily Food Log

READ THESE INSTRUCTIONS FIRST

- 1) Save a copy of this file to your computer and name your personal daily food log.
- 2) Enter your daily food intake for 10 days and a % estimate for each food category as shown in the example below.
- 3) The percentages will automatically calculate in Rows 21 and 22. The cells will turn green if your day's percentages =
- 4) % averages for each food category will automatically calculate in Column M and populate the pie chart to the right of
- 5) When you have completed your Daily Food Log, make a PDF by selecting File > Save As > Save as type: > PDF > O
(For Macs, File > Save as > Format to PDF.)

	<i>Example</i>	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<i>Cereal and milk</i>	Cereal and skim milk	Cereal and original soy milk	Cereal and original soy milk	None	Cereal and original soy milk
Lunch	<i>Ham and cheese sandwich, apple yogurt</i>	rice, pickled beans, beef mince, carrot	rice, pickled beans, beef mince, carrot	rice, pickled mustard tuber, beef mince, carrot	rice, pickled mustard tuber, beef mince, carrot	rice, pickled mustard tuber, beef mince, carrot, chicken cutlet
Dinner	<i>Baked Chicken, Rice, Broccoli</i>	Noodles, beef meatballs, agaric, ham	Noodles, beef meatballs, agaric, ham	Noodles, beef meatballs, agaric	instant noodle, agaric, egg, shrimp	None
Snacks	<i>Almonds</i>	Chips	Chips		Chips	Chips, nuts bar
Beverages	<i>Water, Coffee</i>	Water	Water, Sugar-free coke	Water	Water, Sugar-free coke	water
% Meat	25	20	20	20	20	40
% Dairy	10	10	10	10	5	5
% Grain	40	40	40	40	45	30
% Nuts	5	0	0	0	0	5
% Fruits	10	0	0	0	0	0
% Vegetables	10	20	20	20	20	10
% Other	0	10	10	10	10	10
% Processed food	40	20	20	20	40	35
% Natural food	60	80	80	80	60	65
Foods %s = 100%?	100	100	100	100	100	100
Processed and natural foods = 100%?	100	100	100	100	100	100

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100%. If it doesn't turn green, recheck your % entries.

the table. As you enter each day's information, the % averages and pie chart will update automatically.

K. Save to your computer to upload for submission.

Day 6	Day 7	Day 8	Day 9	Day 10	Overall average
Cereal and original soy milk	None	Cereal and skim milk	Cereal and skim milk	None	
rice, pickled mustard tuber, beef mince, carrot, chicken cutlet	Cereal and original soy milk	rice, tofu, brocalli, vegetables	rice, tofu, brocalli, vegetables	rice, tofu, brocalli, vegetables	
instant noodle, agaric, egg, shrimp	Noodles, egg, lettuce	cookies	Noodle, lettuce, tofu	Noodle, lettuce, tofu, milk	
Chips, nuts bar	nuts bar		chips	chips	
water, sugar-free coke	water	sugar-free coke	water	water	
30	5	10	10	5	18
5	5	5	5	5	7
40	30	40	40	40	39
0	10	0	0	0	2
0	0	0	0	0	0
20	20	35	35	40	24
5	30	10	10	10	12
50	80	60	60	60	45
50	20	40	40	40	56
100	100	100	100	100	100
100	100	100	100	100	100

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