

Food & Symptoms Diary

A food & symptoms diary is one of the best methods for identifying foods or food patterns that may be triggering the development of symptoms. Use this diary to record everything you eat and drink, and your symptoms for at least one week. Also note down your sleep patterns, medication/supplementation use and bowel movements. Use a new page for each day.

You can then share this with your healthcare professional (GP or nurse with nutritional training, or registered dietitian) to discuss your symptoms and identify potential triggers.



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Date: _____

Time Up: _____ Time To Bed: _____

Time	Details of Food & Drinks Consumed	Amount	Symptoms Experienced (eg. bloating, cramping, nausea) & Severity (0-10: 0=no pain/10=worst pain possible)	Time & Duration	Other notes (eg. stress level)

Any Medication or Supplement Use: _____

Bowel Movements (note the time & consistency of the stool): _____
Eg. normal, watery/loose, hard/difficult to pass