

FOOD & SYMPTOM DIARY

Date	Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Supper	Symptoms*/Bowel Motion(s)

** Symptoms may include, but are not limited to: abdominal bloating/discomfort, reflux, excessive wind, diarrhea, constipation, strong food cravings before/after eating, or tiredness after eating. If you do not experience any of these, please just note your bowel movements in the column provided.*