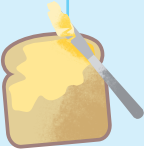




My food and symptoms diary



If you're experiencing any discomfort after mealtimes, keeping a food and symptoms diary could help you identify the cause. Fill out this diary in as much detail as possible and present it to your doctor or dietitian at your next appointment.

MONDAY						Details of food and drinks (please include the time and how much was eaten)		Any symptoms? When did they start and end?			
Breakfast		Lunch		Dinner		Drinks		Snacks			
											
										Other notes	
TUESDAY						Details of food and drinks (please include the time and how much was eaten)		Any symptoms? When did they start and end?			
Breakfast		Lunch		Dinner		Drinks		Snacks			
											
										Other notes	
WEDNESDAY						Details of food and drinks (please include the time and how much was eaten)		Any symptoms? When did they start and end?			
Breakfast		Lunch		Dinner		Drinks		Snacks			
											
										Other notes	



THURSDAY

Details of food and drinks (please include the time and how much was eaten)

Breakfast

Lunch

Dinner

Drinks

Snacks



Any symptoms? When did they start and end?

Other notes

FRIDAY

Details of food and drinks (please include the time and how much was eaten)

Breakfast

Lunch

Dinner

Drinks

Snacks



Any symptoms? When did they start and end?

Other notes

SATURDAY

Details of food and drinks (please include the time and how much was eaten)

Breakfast

Lunch

Dinner

Drinks

Snacks



Any symptoms? When did they start and end?

Other notes

SUNDAY

Details of food and drinks (please include the time and how much was eaten)

Breakfast

Lunch

Dinner

Drinks

Snacks



Any symptoms? When did they start and end?

Other notes

