

Food & symptom diary

Name:

Date:



Day	Breakfast	Lunch	Dinner	Snacks	Fluids & activity	Symptoms & comments
Example: Monday	2 Wheetbix with 1/2 cup of milk and 1 tsp sugar	Filled roll and apple	Beef stir-fry with 1/2 cup rice and 1/2 plate vegetables	Yogurt, 2x water crackers, 2 biscuits	Water: Alcohol: Exercise:	Some bloating by 3pm, loose motions x2, settled by bedtime. Hungry by 1pm, try having snack at morning tea.
					Water: Alcohol: Exercise:	Comments: Learning point:
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