**Food & Symptom Diary** Name: Date:

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| --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Breakfast** | **Lunch** | **Dinner** | **Snacks** | **Fluids & Activity** | **Symptoms & Comments** |
| Example: Monday | 2 Wheetbix with ½ cup milk and 1 tsp sugar | Filled roll and apple | Beef stir-fry with 1/2c rice and ½ plate vegetables | Yogurt, 2x water crackers, 2 biscuits | Water:  Alcohol:  Exercise: | Some bloating by 3pm, loose motions x2, settled by bedtime  **Comments:** hungry by 1pm, try having snack at morning tea. |
|  |  |  |  |  | Water:  Alcohol:  Exercise: | Comments:  Learning Point: |
|  |  |  |  |  | Water:  Alcohol:  Exercise:: | Comments:  Learning Point: |
|  |  |  |  |  | Water:  Alcohol:  Exercise: | Comments:  Learning Point: |
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|  |  |  |  |  | Water:  Alcohol:  Exercise: | Comments:  Learning Point: |

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|  |  |  |  |  | Water:  Alcohol:  Exercise: | Comments:  Learning Point: |
|  |  |  |  |  | Fluids:  Exercise: | Comments and Learning Points |