## Food & Symptoms Diary

Use this diary to record everything you eat & drink over a 2 day period & also record any symptoms you experience during the day, such as pain, nausea, vomiting or diarrhoea. Discuss your findings with your healthcare professional. It is important to highlight whether these symptoms interfere with your normal activities.

Date: Time up: Time to bed:

Time of day	Description of food or drink	Amount eaten	Description of symptoms with severity (Bloating, flatulence, pain, diarrhoea, constipation, nausea, vomiting, reflux, other symptoms)

Any other comments about the day:

Time of	Description of food or drink	Amount eaten	Description of symptoms with severity
day			(Bloating, flatulence, pain, diarrhoea, constipation, nausea, vomiting, reflux)
Date:	Time up: Ti	me to bed:	•

Any other comments about the day: