

Food & Symptom Diary

Instructions: Record all the food and drink that you consume at each meal and snack, as well as the time that you consume it. Then record when you experience symptoms and describe each symptom.

If possible, complete a food and symptom diary for at least 2 weeks.

WEEK 1	Food and Drink Record			Symptom Record	
Day / Date	Time	Food	Drink	Time	Symptoms (how you felt)

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WEEK 2	Food and Drink Record			Symptom Record	
Day / Date	Time	Food	Drink	Time	Symptoms (how you felt)