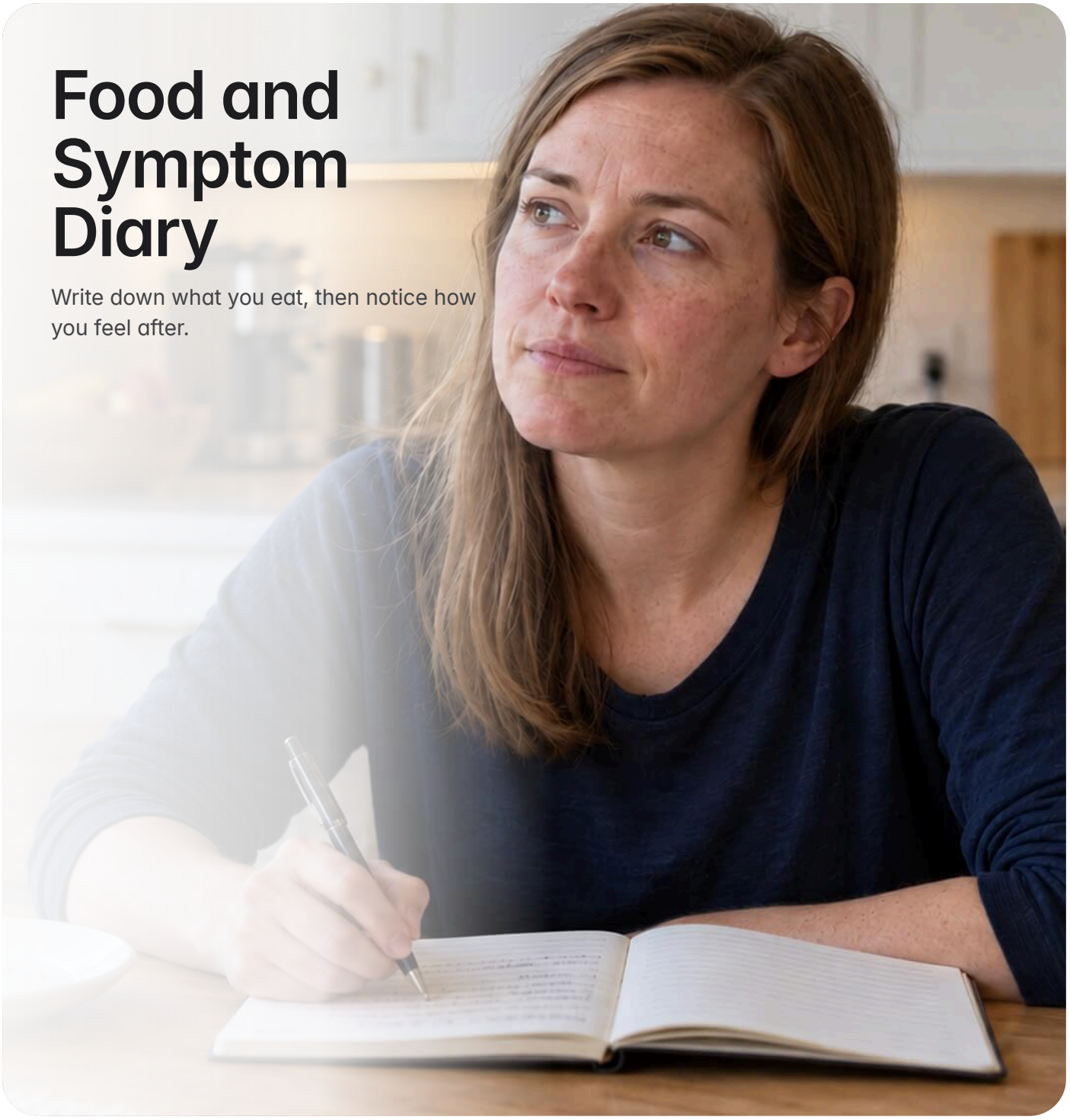
# Food and Symptom Diary

Write down what you eat, then notice how you feel after.



## WHY IT HELPS

Bloating, cramps or a headache can show up hours after a meal, and by then the cause is hard to remember. Writing down each meal and when you felt something turns guesses into patterns you can see.

Bring it to your doctor or dietitian before you cut out foods.

## EACH DAY HAS FOUR SMALL STEPS

| | |
|---|---|
| **Eat** | Write the time and what you had, drinks too. |
| **Notice** | Tick when a symptom starts and rate it. |
| **Context** | Add sleep, stress, water and your cycle. |
| **Review** | Tally your suspects at the end of the week. |

**Eat as you usually do.** Keep your normal meals while you track for at least a week. Changing your diet now makes patterns harder to see.

CareClinic

EXAMPLE FOOD AND SYMPTOM DIARY · TODAY

TODAY IS
Tuesday, May 12

SYMPTOMS I AM WATCHING
Bloating, cramps, headaches

## 1 Today

A quick check of the day around your meals.

SLEEP, HOURS: 6.5

STRESS: Low | Some | High

WATER, GLASSES: ☑ ☑ ☑ ☑ ☑ ☐ ☐ ☐

PERIOD DAY: ☐

BOWEL MOVEMENTS: 2

## 2 Meals and what followed

One card for each meal, snack or drink.

### 1 TIME 7:30 am

WHAT I ATE AND DRANK
Oat milk latte
Toast with peanut butter

PORTION: Small | Usual | Large

HOW I FELT AFTER — Tick when it started
30 min ☐ | 1 h ☑ | 2 h ☐ | 4 h ☐ | 6 h ☐

WHAT I NOTICED
A little bloated

HOW STRONG ● ○ ○ ○ none to severe

### 2 TIME 12:45 pm

WHAT I ATE AND DRANK
Pasta salad with tomatoes
Sparkling water

PORTION: Small | Usual | Large

HOW I FELT AFTER — Tick when it started
30 min ☐ | 1 h ☑ | 2 h ☑ | 4 h ☐ | 6 h ☐

WHAT I NOTICED
Bloating, then cramps

HOW STRONG ● ● ● ○ none to severe

### 3 TIME 3:30 pm

WHAT I ATE AND DRANK
Apple
Handful of almonds

PORTION: Small | Usual | Large

HOW I FELT AFTER — Tick when it started
30 min ☐ | 1 h ☐ | 2 h ☐ | 4 h ☐ | 6 h ☐

WHAT I NOTICED
Nothing I noticed

HOW STRONG ○ ○ ○ ○ none to severe

### 4 TIME 7:00 pm

WHAT I ATE AND DRANK
Rice, salmon, green beans
Mint tea

PORTION: Small | Usual | Large

HOW I FELT AFTER — Tick when it started
30 min ☐ | 1 h ☐ | 2 h ☐ | 4 h ☑ | 6 h ☐

WHAT I NOTICED
Mild headache before bed

HOW STRONG ● ○ ○ ○ none to severe

ANYTHING ELSE I WANT TO REMEMBER
Pasta again. Second time this week with cramps.

TODAY IS

SYMPTOMS I AM WATCHING

## 1 Today

A quick check of the day around your meals.

SLEEP, HOURS

STRESS — Low · Some · High

WATER, GLASSES

PERIOD DAY

BOWEL MOVEMENTS

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PORTION — Small · Usual · Large

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WHAT I NOTICED

HOW STRONG — none to severe

### 2 TIME

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# My suspects this week

List foods and drinks you wonder about. Count how often you had each one, and how often symptoms followed within 6 hours.

WEEK OF

SYMPTOMS I AM WATCHING

| FOOD OR DRINK | TIMES EATEN | FOLLOWED BY SYMPTOMS | MY HUNCH |
|---|---|---|---|
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**Look for repeats.** A food that is followed by symptoms most times you eat it is worth asking about. One bad day is not enough to tell.

NEXT WEEK, I WANT TO WATCH

FOR MY NEXT APPOINTMENT

Questions or changes to raise with my doctor, dietitian or care team.