

Food and Symptom Diary Instructions

Option 1: Written diary

- **Food & drinks** - Record the amounts, types and brands of foods eaten.
- **Symptoms** - Rate your symptoms (*1 =mild; 10 =severe*).
- **Mood** - Severe or chronic stress, anxiety and depression can make gut symptoms worse. Record and rate your stress, anxiety and mood (*1 =calm; 10 =very stressed*).

Symptoms Key

<i>N - Nausea</i>	<i>P - Abdominal Pain</i>
<i>V - Vomiting</i>	<i>D - Diarrhoea</i>
<i>B - Bloating</i>	<i>C - Constipation</i>
<i>G - Gas & Flatulence</i>	

SAMPLE

Meal	Food & Drinks	Symptoms (1-10)	Mood (1-10)
Breakfast	½ avocado 2 slices white toast 1 glass Orange juice	2 <i>bowel motions</i> D - 5 P - 6 B - 3	Running late for work Stress - 6

Option 2: Use a Smartphone application

- Download a food, symptom and stress app such as one of following Android & IOS apps. Record in the app and then email your PDF report to: info@lauraobrien.com.au



mySymptoms Food & Symptom Tracker

Record your food, drinks, medications, symptoms and stress.
Print a PDF report. ("Lite" & Premium Versions).



The Monash University low FODMAP diet app

If following the low FODMAP diet, use the free week long food and symptom journal.
Print a PDF report.

<http://www.med.monash.edu/cecs/gastro/fodmap/>

Food, Symptom and Mood diary

Date:

Meal	Food & Drinks	Symptoms (1-10)	Mood
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Comments			

Date:

Meal	Food & Drinks	Symptoms (1-10)	Mood
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Comments			

Date:

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