

## Food and Symptom Diary Instructions

### Option 1: Written diary

- **Food & drinks** - Record the amounts, types and brands of foods eaten.
- **Symptoms** – Record and 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*).

**Add your Symptoms**

- |                    |                  |
|--------------------|------------------|
| - Nausea           | - Abdominal Pain |
| - Vomiting         | - Diarrhoea      |
| - Bloating         | - Constipation   |
| - Gas & Flatulence |                  |

### SAMPLE

Meal	Food & Drinks	Symptoms (1-10)	Mood (1-10)
<b>Breakfast</b>	½ avocado 2 slices white toast 1 glass Orange juice	2 bowel motions diarrhoea (10/10) bloating (5/10) pain (2/10)	Running late for work - Stress – (6/10)

### 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](mailto:info@lauraobrien.com.au)



**The Monash University low FODMAP diet app**

Record your food, symptoms, mood. Print or email a PDF report.

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



**mySymptoms Food & Symptom Tracker**

Record your food, drinks, medications, symptoms and mood.

Print a PDF report. ("Lite" & Premium Versions).



**Cara: Food, Mood, Poop Tracker**

Record your food, mood, medications, symptoms and mood. Create a PDF & share information with health professionals by email

**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			
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