Date:

How to use ***My Daily Food and Symptom Diary:***

1. Write down everything you eat, drink, take as medication and supplement on the food records provided. Record each as you consume it.
2. Record the time of each item you consume.
3. If dishes include several different ingredients, write down as many of the ingredients as you know: for example, if you eat a pizza, write down the ingredients of the pizza, such as: crust; tomato sauce; cheese; pepperoni (anchovy; salami; ham); pineapple (green peppers; mushrooms; onions, etc)
4. Estimate the amount of each food that you consume; e.g. a cup of pasta; ½ cup sauce; 2 tablespoons grated mozzarella cheese; two chocolates with strawberry cream filling; ½ cup French vanilla yogurt.
5. When you consume any medication or supplement write that down as you take it. If you take the same supplements/medications daily and at the same time of day, record only for one day.
6. Complete the symptom record at the same time as you complete your food record. Enter the same times as in your food record, and record your symptoms in relation to those times.
7. Try to rate your symptoms on a scale of 1-10. 1= very mild symptoms and 10 = very severe symptoms.
8. Write down the time of onset of your symptom, and approximate time that it lasts.
9. Include any unusual events that might affect your symptoms: for women this might include PMS; for anyone, unusual stress might be a relevant factor. Other factors might include unusually strenuous exercise.

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Time and Meal (or Snack)	Amount or Quantity	Foods and Drinks	Symptoms (and the time they occurred) Please rate how severe on a scale of 1-10 Please also include bowel movement (BM), bristol stool type and time of BM	Medications/ Supplements (include the time you took your pill/tablet)

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Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. **Entirely Liquid**