



THE REFLUX RELIEF GUIDE FOOD & SYMPTOM TRACKER

Name: _____

Track your meals and symptoms for at least 5–7 days. Focus on when and what you eat, how full you feel, how severe the reflux is, and when symptoms occur.

Date/Time	Food & Drink	Fullness (after eating or drinking)	Reflux Severity (0-3)	When symptoms occurred (or time after eating)	Notes	SCALES (use the rating scales below)
						Fullness C = comfortable F = full VF = very full
						Reflux Severity (0-3) 0 = None 1 = Mild 2 = Moderate 3 = Severe
						When symptoms occurred • Within 30 min • 30-90 min • 1-3 hrs • More than 3 hrs • Overnight

Notes:



Using your Food & Symptom Tracker

This tracker helps you identify your reflux pattern - not just record what you eat.

How to use it

- Track for 5–7 days
- Include a mix of routine days and busier days if possible
- Keep your eating relatively normal while tracking
- Focus on patterns, not perfection

What to look for

- **Timing** – how soon symptoms occur after eating
- **Fullness** – comfortable vs full versus very full
- **Meal size** – larger versus smaller meals
- **Evening intake** – symptoms later in the day or at night
- **Food type** – patterns with certain foods or combinations

Understanding food types

Some reflux patterns relate to the type of food eaten. Look at broader categories rather than single foods:

- Acidic foods (e.g. citrus, tomato, vinegar, wine)
- High fat foods (e.g. fried foods, creamy meals, cheese)
- Gas-producing foods (e.g. carbonated drinks, legumes)
- Large or mixed meals (high fat + large portions)

Next step

Use what you notice to guide small, targeted changes.

You may relate to more than one pattern. You can return to the tracker later to reassess as your symptoms improve.