

# FOOD & SYMPTOM DIARY

Use this food & symptom diary to help determine possible trigger foods.  
Be specific with brands and include estimated quantities of foods.  
Rate symptom severity mild-moderate-severe.

Date	Time	What I ate & drank	Symptoms	Notes
<i>Mon 1/2/23</i>	<i>7.30am</i>	<i>2 x wholegrain toast + 1/4 avocado Large soy cappuccino</i>	<i>2hr later noticed moderate bloating and mild headache.</i>	<i>Busy morning at work, didn't drink any water.</i>