Food & Symptom Diary

Please write down what you eat and drink over 3 days, plus anything you notice. For example, bloating, fatigue, bowel changes, energy dips, etc. Include amounts and brands. For example, 2 slices of Woolworths multigrain bread + ½ avocado + 2 eggs.

DATE: / /

MEAL	DAY 1	DAY 2	DAY 3
BREAKFAST			
SNACKS			
LUNCH			
SNACKS			
DINNER			
NOTES			

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Nutrition for Living