orthoplex

DIET AND SYMPTOM DIARY

Start date: _____

Use this diet diary to record your food intake and symptoms each day as part of your treatment plan.

	TIME	FOOD AND DRINK	SYMPTOMS (FILL IN IF APPLICABLE - RATE SEVERITY FROM 1 (MILD) - 3 (SEVERE))						BOWEL MOTION	
	00:00	***Describe the food & drink in as much detail as you can e.g. 2 poached eggs, with 1 slice of sourdough, buttered, worcestershire sauce & salt, 2 cups of coffee with soy milk & 1 tsp of sugar.***	*Symptoms*	*Time*	*Severity (1-3)*	*Symptoms*	*Time*	*Severity (1-3)*	*Time*	*Loose, firm, diarrhoea*
DAY 1		Breakfast:	Cramping			Fatigue/ sleepy				
			Nausea			Sinus congestion				
		Morning snack:	Burping			Itchy throat				
			Heartburn			Coughing/mucous				
		Lunch:	Reflux			Runny nose				
			Bloating			Headache				
		Afternoon snack:	Vomiting			Palpitations				
			Stomach pain			Anxiety				
		Dinner:	Constipation			Irritability				
			Diarrhoea			Light-headed				
		Other snacks:	Gas			Other				
			Comments:							
DAY 2		Breakfast:	Cramping			Fatigue/ sleepy				
			Nausea			Sinus congestion				
		Morning snack:	Burping			Itchy throat				
			Heartburn			Coughing/mucous				
		Lunch:	Reflux			Runny nose				
			Bloating			Headache				
		Afternoon snack:	Vomiting			Palpitations				
			Stomach pain			Anxiety				
		Dinner:	Constipation			Irritability				
			Diarrhoea			Light-headed				
		Other snacks:	Gas			Other				
			Comments:							

Examples of food, drink & condiments: *eg. milk (soy, nut, skim, full cream), chicken (baked, fried, crumbed), bread (wholemeal, white, sourdough, rye, gluten free), condiments (honey, sauce, mayonnaise), beverages (water, coffee, tea, mineral and soda water, juice, alcohol, sports drinks, protein shakes).*

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	Time	Food and drink	Symptoms	Time	Severity	Symptoms	Time	Severity	Time	Bowel motion
DAY 3		Breakfast:	Cramping			Fatigue/ sleepy				
			Nausea			Sinus congestion				
		Morning snack:	Burping			Itchy throat				
			Heartburn			Coughing/mucous				
		Lunch:	Reflux			Runny nose				
			Bloating			Headache				
		Afternoon snack:	Vomiting			Palpitations				
			Stomach pain			Anxiety				
		Dinner:	Constipation			Irritability				
			Diarrhoea			Light-headed				
		Other snacks:	Gas			Other				
			Comments:							
DAY 4		Breakfast:	Cramping			Fatigue/ sleepy				
			Nausea			Sinus congestion				
		Morning snack:	Burping			Itchy throat				
			Heartburn			Coughing/mucous				
		Lunch:	Reflux			Runny nose				
			Bloating			Headache				
		Afternoon snack:	Vomiting			Palpitations				
			Stomach pain			Anxiety				
		Dinner:	Constipation			Irritability				
			Diarrhoea			Light-headed				
		Other snacks:	Gas			Other				
			Comments:							
DAY 5		Breakfast:	Cramping			Fatigue/ sleepy				
			Nausea			Sinus congestion				
		Morning snack:	Burping			Itchy throat				
			Heartburn			Coughing/mucous				
		Lunch:	Reflux			Runny nose				
			Bloating			Headache				
		Afternoon snack:	Vomiting			Palpitations				
			Stomach pain			Anxiety				
		Dinner:	Constipation			Irritability				
			Diarrhoea			Light-headed				
		Other snacks:	Gas			Other				
			Comments:							