orthoplex

DIET AND SYMPTOM DIARY

Start date: 17 Jan 2023

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	8:20	Breakfast: 1 bowl Rice porridge with cashews	Cramping			Fatigue/ sleepy	Y	2	7:20 AM 9:30 pr	Firm
			Nausea			Sinus congestion				
		Morning snack:	Burping			Itchy throat	Y	1		
			Heartburn			Coughing/mucous				
	12:30	Lunch: Chicken and mushroom pasta (mixed lentil and normal pasta with shredded cheese)	Reflux			Runny nose				
			Bloating			Headache				
	5:00	Afternoon snack: Green Apple x1; Nuts - Cashew & Almonds	Vomiting			Palpitations				
			Stomach pain	period pain	1	Anxiety				
	8:30	Dinner: Veggie rice and chicken curry (coconut milk); Mango pickle	Constipation			Irritability	Y	2		
			Diarrhoea			Light-headed				
	9:30	Other snacks: Ice cream x1 scoop	Gas			Other				
			Comments:							
DAY 2	10	Breakfast: 1/2 bowl Rice porridge with cashews	Cramping			Fatigue/ sleepy			9:00 AM	Firm
			Nausea			Sinus congestion				
		Morning snack:	Burping			Itchy throat				
			Heartburn			Coughing/mucous				
	1:15	Lunch: Veggie rice and salmon fry - coconut oil fry	Reflux			Runny nose				
			Bloating			Headache				
		Afternoon snack: Mango x1/2	Vomiting			Palpitations				
			Stomach pain	period pain	.5	Anxiety				
	7:45	Dinner: Korean fried chicken - take away; cucumber; carrot; pickle radish	Constipation			Irritability				
			Diarrhoea			Light-headed				
		Other snacks: 2 cups green tea through the day	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	9	Breakfast: 2.5 french toast	Cramping			Fatigue/ sleepy				
			Nausea			Sinus congestion				
		Morning snack:	Burping			Itchy throat				
			Heartburn			Coughing/mucous				
	1	Lunch: veggie rice; mussels	Reflux			Runny nose				
			Bloating			Headache				
		Afternoon snack: leftover chickenx2 piece	Vomiting			Palpitations				
			Stomach pain			Anxiety				
	8	Dinner: veggie rice; mussels, chickenx1 piece	Constipation			Irritability				
			Diarrhoea			Light-headed				
		Other snacks: almondsx16	Gas			Other				
			Comments:							
DAY 4	10	Breakfast: 1 french toast	Cramping	ongoing	2.5	Fatigue/ sleepy				
			Nausea			Sinus congestion				
		Morning snack: green teax1 morning	Burping			Itchy throat				
			Heartburn			Coughing/mucous				
		Lunch: Chicken and mushroom pasta (mixed lentil and normal pasta with cheese)	Reflux			Runny nose				
			Bloating			Headache				
	6	Afternoon snack: 1.5 donouts (Krispy Kreme)	Vomiting			Palpitations				
			Stomach pain			Anxiety				
	8	Dinner: BBQ At a friends place - Lambx1, Chickenx2, coleslaw - small	Constipation			Irritability				
			Diarrhoea			Light-headed				
		Other snacks:	Gas			Other				
			Comments:	Got periods afternoon						
DAY 5		Breakfast:	Cramping	ongoing	2	Fatigue/ sleepy			12:45 ish	loose
			Nausea			Sinus congestion				
		Morning snack:	Burping			Itchy throat				
			Heartburn			Coughing/mucous				
	1:00	Lunch: 1/2 Goat Thali (Little Nepal) - rice, dal, goat curry, greens, potato vegs, 1 chicken mom, 5 pieces chicken chewella, 1 small coke, 1 glass coconut water	Reflux			Runny nose				
			Bloating			Headache				
	5ish	Afternoon snack: 2 momos	Vomiting			Palpitations				
			Stomach pain			Anxiety				
	9:20	Dinner: grill platter (sahara - burwood) - sweet potato fries, lamb cutlet, kebabs and sides	Constipation			Irritability				
			Diarrhoea			Light-headed				
		Other snacks:	Gas			Other				
			Comments:							