



DIET AND SYMPTOM DIARY

Start date: 25/7/21

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

TIME		FOOD AND DRINK		SYMPTOMS					BOWEL MOTION	
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)	Loose, firm, diarrhoea
00:00	Breakfast: 200gilly millet & linseed x2, Tahini, Tomatoes, Avocado, Turkey salt & pepper, spinach peppermint tea.			Cramping			Fatigue/sleepy			8am Firm
	Morning snack: Bananas			Nausea			Sinus congestion			
	Lunch: salmon Patches, Fritatta 2pm - capsicum, Bio Feta			Burping	4.30pm	1	Itchy throat			
	Afternoon snack: Lemon coconut slice 3.30pm. GF. DF. Peppermint tea. Cucumber balsamic vinegar b. 3.30 rice crackers			Heartburn			Coughing/mucous			
	Dinner: Cauliflower soup - chicken stock			Reflux			Runny nose			
	Reflux - lie abtbel in back of throat area - Sometimes the bubble bursts.			Bloating	6.30pm	1	Headache			
	Other snacks:			Vomiting			Palpitations			
				Stomach pain			Anxiety			
				Constipation			Irritability			
				Diarrhoea			Light-headed			
				Gas			Other			
Comments:										
Breakfast: Smoothie, coconut milk, almond milk, dates, strawberries, blueberries, raspberries, protein powder, GF, DF, barley grass powder, spirulina powder, maple syrup				Cramping			Fatigue/sleepy			7.45am Firm
	Morning snack:			Nausea			Sinus congestion			8.20am Firm
				Burping	3.00pm	1	Itchy throat			
				Heartburn			Coughing/mucous			
	Lunch: Pasta, chicken zucchini, corn, coconut milk, crushed tomatoes, tomato paste, bacon, salt, pepper, salmon Patches, carrot			Reflux			Runny nose			
	Afternoon snack: Rio mint chocolate.			Bloating			Headache			
				Vomiting			Palpitations			
	Tamar Sauced brown rice crackers, Beetroot dip			Stomach pain			Anxiety			
	Dinner: Beef veggie pasta - Hello fresh. Garlic onion, celery, carrot, spinach tomato paste. Beef stock olive oil, rice, pasta			Constipation			Irritability			
	Other snacks:			Diarrhoea			Light-headed			
				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).

Still burying at 6.30pm stopped about 9pm
 lobster in throat 19A Guardhouse Road, Banyo QLD 4011
 chicken throat like have been shown www.bioconcepts.com.au
 throat is sticking www.bioconcepts.com.au 2/1/19

10am	Breakfast: Almond milk, coconut milk, spirulina, barley grass, dates, strawberries, blueberries Smoothie - raspberries, protein powder.	Cramping		Fatigue/sleepy	5:32am	3	9:32am Firm
	Morning snack:	Nausea		Sinus congestion			8:32pm Firm
2:00pm	Lunch: Turkey, cherry tomatoes, spinach, carrot, cucumber, avocado, lime juice.	Burping	2:32pm	Itchy throat			
	Morning snack:	Heartburn		Coughing/mucous			
3:30	Afternoon snack: Strawberry blueberries 5:30pm Beetroot Dip Brown rice cracker.	Reflux	2:32pm	Runny nose			
	Dinner: Hello Fresh. Pesto, rosemary, chicken, lemon, spirulina egg, GF flour, GF bread crumbs, salt, olive oil.	Bloating		Headache			
7:00pm	Spring and potato beans spinach bacon mustard mayo GF	Vomiting		Palpitations			
	Other snacks:	Stomach pain		Anxiety			
		Constipation		Irritability			
		Diarrhoea		Light-headed			
		Gas		Other			
	Comments:						

9:00am	Breakfast: Smoothie - almond milk, coconut milk, banana, spirulina, barley grass, strawberries, blueberries, raspberries, protein powder.	Cramping		Fatigue/sleepy	All day		8:45am
	Morning snack:	Nausea		Sinus congestion			
	Lunch: Beetroot dip - brown rice crackers.	Burping		Itchy throat			
2:00pm	Beetroot dip - brown rice crackers.	Heartburn		Coughing/mucous			
	Afternoon snack: Chicken with rice, flour, rosemary, oregano, pepper, spinach, pumpkin seeds, GF mayo, parsley oil.	Reflux	3:00pm	Runny nose			
7:10pm	Beans, beetroot, radish, onion, carrot, GF mayo, parsley oil.	Bloating		Headache			
	Dinner: ↓ Balsamic Vinegar ↓	Vomiting		Palpitations			
		Stomach pain		Anxiety			
		Constipation		Irritability			
		Diarrhoea		Light-headed			
		Gas		Other			
	Comments:						

8:15am	Breakfast: Balsamic spinach, salt & pepper, olive oil	Cramping		Fatigue/sleepy			8:10am Firm
	Morning snack:	Nausea		Sinus congestion			
	Lunch:	Burping		Itchy throat			
	Afternoon snack:	Heartburn		Coughing/mucous			
	Dinner:	Reflux		Runny nose			
		Bloating		Headache			
		Vomiting		Palpitations			
		Stomach pain		Anxiety			
		Constipation		Irritability			
		Diarrhoea		Light-headed			
		Gas		Other			
	Comments:						