newtown nutrition
www.newtownnutrition.com.au

Food & Symptoms Diary

How does what you eat effect your symptoms?

Sometimes it is easy to tell but sometimes there seems to be no pattern, which can be very frustrating!

Keep a record of everything you eat and drink, and also record when you experience symptoms to help create a picture of whether food plays a role in your symptoms.

Remember that symptoms do not necessarily occur directly after food is eaten. Note down all changes in symptoms, even if you think they are not related to foods.

Environmental factors can influence your reactions also. This may be anything from a stressful day at work, to a change in your environment eg lunch in a smoky beer garden, as well as medications, sickness etc. At the bottom of the page, note any of these other factors which may affect your results.

Also note any factors which may have improved your symptoms, such as medications.

Discuss your food & symptom diary with your dietitian – there may be patterns that you can't see that a practised eye can pick up.

If you prefer, you can record your food & symptoms electronically in a Word or Excel document

mySymptoms is a smartphone app for iPhone and Android that allows you to record your foods & symptoms on your phone, then you can email the report to your dietitian

Available on the App Store

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Date: ..... Day:.....

Time	Food Eaten	Symptoms

Were they any other (eg environmental) factors which may have influenced your results?

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