

## Instructions

### 7 Day Food and Symptom Journal

Please keep a record of everything you eat and drink as well as your symptoms and the times they occur for the next 7 - 10 days. Bring a printed copy of your food journal to your appointment. This gives your dietitian important information about your usual diet and symptoms.

- **Write down everything.** Keep your food record with you (on your phone or computer, your purse or in the kitchen).
- **Write it as you eat it.** Don't depend on memory at the end of the day. Write it as it happens.
- **Write the times** of meals, snacks, symptoms and exercise.
- **Include amounts** of all foods and drinks in teaspoons, Tablespoons, cups, ml.
- **Describe the type** of foods and drinks how it was prepared, name brand, flavour, sauce or dressing etc.
- **Include symptoms** and write down times of the symptoms: write down each BM and describe (urgent, loose, hard or soft), gas, bloating, cramps, pain etc.
- **Include exercise** time, duration, type, intensity.

#### *Journal:*

**Time Amount**    **Food/Drink** (*brand, type, cooking details*)    **Symptoms:** *BM (loose, soft or hard), abdominal pain, gas, bloating etc.*

*FOOD & SYMPTOM JOURNAL - EXAMPLE*

Name: \_\_\_\_\_

DATE: \_\_\_\_\_

8am: 1 cup Liberte Greek yogurt strawberry  
1 pear  
1 toast, Dempsters white  
1 Tbsp peanut butter Adams

10am: 1 black coffee  
1 blueberry muffin, Tim Hortons

*10:30am: crampy, bloated*

12pm: Tuna sandwich (whole wheat bread, low fat mayonnaise, 1 can tuna)  
2 cups salad (spinach, 1 whole tomato, 1/4 long english cucumber, 1/2 bell pepper)  
1 Tbsp balsamic dressing  
1 cookie

*1pm: BM (urgent, loose), cramps, bloated*

4pm: Snickers chocolate bar

*4:30pm: BM (urgent, very loose)*

5pm: 1 hour jog, easy pace

6pm: 1 Tbsp hummus, regular  
handful corn tortilla chips

*6:30pm: gas, cramps/pain*

8pm: 2 cups fried rice (2 eggs, corn, peas)