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Many abdominal symptoms like abdominal pain, abdominal cramps, diarrhea and constipation as well as non-intestinal complaints such as headaches, dizziness, rashes, runny or blocked nose, fatigue, lightheadedness, watery eyes and other symptoms can be attributed to the diet or individual foods.

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drinks that you take, along with an approximate quantity, and the time of day they are taken.

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We've created this easy-to-use food diary to help you monitor any symptoms you might be having. Simply print it out and fill out your diary each day for a few weeks, in as much detail as possible. For example, it may be useful to mention that you're having trouble digesting a particular type of food. Or if you have bloating, wind, diarrhoea, vomiting, or stomach pain after eating certain foods.

~~Monitor your symptoms with our easy food diary~~

Food and Symptom Diary You can use this diary to record everything you eat and drink, and your symptoms for one week. Record each day separately on the pages provided. Try to record all food and drinks that you take, along with the approximate quantity, and the time of day they are taken.

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