

# FOOD & SYMPTOM DIARY

DAY	TIME	FOOD & DRINK CONSUMED Include all meals,, snacks and drinks & amount consumed e.g. One bowl of cornflakes, 200mls se- mi-skimmed milk, 1 teaspoon sugar. Cup of tea with milk.	SYMPTOMS Score each symptom 0-3: 0: None 1: Mild 2: Moderate 3: Severe	BOWELS OPEN? (Y/N)	MEDICATION TAKEN

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