

FOOD SYMPTOM DIARY

Please list all foods and beverages consumed with this meal.	Symptoms: (please rate from 0 to 10, 10 being the most uncomfortable)		Please list all foods and beverages consumed with this meal.	Symptoms: (please rate from 0 to 10, 10 being the most uncomfortable)		Please list all foods and beverages consumed with this meal.	Symptoms: (please rate from 0 to 10, 10 being the most uncomfortable)		Number of bowel movements today?	Stool Consistency
Breakfast:	Bloating	0 1 2 3 4 5 6 7 8 9 10	Lunch:	Bloating	0 1 2 3 4 5 6 7 8 9 10	Dinner:	Bloating	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 5+	- Separate hard lumps - Sausage-shaped, but lumpy - Like a sausage but with cracks - Like a sausage, smooth and soft - Soft blobs with clear cut edges - Fluffy pieces with ragged edges - Watery, no solid pieces
	Abdominal pain	0 1 2 3 4 5 6 7 8 9 10		Abdominal pain	0 1 2 3 4 5 6 7 8 9 10		Abdominal pain	0 1 2 3 4 5 6 7 8 9 10		
	Cramping	0 1 2 3 4 5 6 7 8 9 10		Cramping	0 1 2 3 4 5 6 7 8 9 10		Cramping	0 1 2 3 4 5 6 7 8 9 10		
	Flatulence	0 1 2 3 4 5 6 7 8 9 10		Flatulence	0 1 2 3 4 5 6 7 8 9 10		Flatulence	0 1 2 3 4 5 6 7 8 9 10		
	Constipation	0 1 2 3 4 5 6 7 8 9 10		Constipation	0 1 2 3 4 5 6 7 8 9 10		Constipation	0 1 2 3 4 5 6 7 8 9 10		
	Diarrhea	0 1 2 3 4 5 6 7 8 9 10		Diarrhea	0 1 2 3 4 5 6 7 8 9 10		Diarrhea	0 1 2 3 4 5 6 7 8 9 10		
	Indigestion	0 1 2 3 4 5 6 7 8 9 10		Indigestion	0 1 2 3 4 5 6 7 8 9 10		Indigestion	0 1 2 3 4 5 6 7 8 9 10		
	Heartburn	0 1 2 3 4 5 6 7 8 9 10		Heartburn	0 1 2 3 4 5 6 7 8 9 10		Heartburn	0 1 2 3 4 5 6 7 8 9 10		
	Reflux	0 1 2 3 4 5 6 7 8 9 10		Reflux	0 1 2 3 4 5 6 7 8 9 10		Reflux	0 1 2 3 4 5 6 7 8 9 10		
	Burping	0 1 2 3 4 5 6 7 8 9 10		Burping	0 1 2 3 4 5 6 7 8 9 10		Burping	0 1 2 3 4 5 6 7 8 9 10		
	Nausea	0 1 2 3 4 5 6 7 8 9 10		Nausea	0 1 2 3 4 5 6 7 8 9 10		Nausea	0 1 2 3 4 5 6 7 8 9 10		
	Tiredness	0 1 2 3 4 5 6 7 8 9 10		Tiredness	0 1 2 3 4 5 6 7 8 9 10		Tiredness	0 1 2 3 4 5 6 7 8 9 10		
	Anxiety	0 1 2 3 4 5 6 7 8 9 10		Anxiety	0 1 2 3 4 5 6 7 8 9 10		Anxiety	0 1 2 3 4 5 6 7 8 9 10		
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	Flatulence	0 1 2 3 4 5 6 7 8 9 10		Flatulence	0 1 2 3 4 5 6 7 8 9 10		Flatulence	0 1 2 3 4 5 6 7 8 9 10		
	Constipation	0 1 2 3 4 5 6 7 8 9 10		Constipation	0 1 2 3 4 5 6 7 8 9 10		Constipation	0 1 2 3 4 5 6 7 8 9 10		
	Diarrhea	0 1 2 3 4 5 6 7 8 9 10		Diarrhea	0 1 2 3 4 5 6 7 8 9 10		Diarrhea	0 1 2 3 4 5 6 7 8 9 10		
	Indigestion	0 1 2 3 4 5 6 7 8 9 10		Indigestion	0 1 2 3 4 5 6 7 8 9 10		Indigestion	0 1 2 3 4 5 6 7 8 9 10		
	Heartburn	0 1 2 3 4 5 6 7 8 9 10		Heartburn	0 1 2 3 4 5 6 7 8 9 10		Heartburn	0 1 2 3 4 5 6 7 8 9 10		
	Reflux	0 1 2 3 4 5 6 7 8 9 10		Reflux	0 1 2 3 4 5 6 7 8 9 10		Reflux	0 1 2 3 4 5 6 7 8 9 10		
	Burping	0 1 2 3 4 5 6 7 8 9 10		Burping	0 1 2 3 4 5 6 7 8 9 10		Burping	0 1 2 3 4 5 6 7 8 9 10		
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