Food and symptom diary



Keeping a diary of food and symptoms can help you identify what foods you react to. Include the amount of food you ate, as well as how long the reaction lasted. Symptoms may happen up to a day after the food is eaten. You can download the diary from

www.bowelcanceruk.org.uk/yourdiet





This organisation has been certified as a producer of reliable health and social care information, www.theinformationstandard.org

020 7940 1760 | feedback@bowelcanceruk.org.uk www.bowelcanceruk.org.uk/yourdiet

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Food and symptom diary

Date	Time	Food/drink/ medication taken	How much	What was the symptom/reaction	How long did it last