

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



020 7940 1760 | feedback@bowelcanceruk.org.uk

www.bowelcanceruk.org.uk/yourdiet

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Registered charity number: 1071038 (England & Wales) SCO40914 (Scotland)
Information correct as of February 2014

