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**DIRECTIONS:**

1. Write down in the diary everything that you consume, including water, medicines, vitamins, snacks, alcoholic beverages, soft drinks, coffee, etc.
2. List the contents found inside mixed dishes and foods. Be as detailed as possible so that we have enough information to make an assessment.
3. List all your symptoms, including bowel and urination patterns. Iindicate the time when the symptoms started, how long they lasted, and how severe.
4. Fill in the information just before or after eating. It is a good idea to carry the diet diary with you and record information throughout the day.
5. Be sure to record how you are feeling before each meal or snack and again 30 to 60 minutes after the meal or snack.
6. If applicable, always record any time a symptom is worse or better.

| | Breakfast | Lunch | Dinner | Snacks | Medications/ Supplements | Activities | Stool/ Urination Pattern | Symptoms |
|---|---|---|---|---|---|---|---|---|
| **Day 1** | | | | | | | | |
| **Day 2** | | | | | | | | |
| **Day 3** | | | | | | | | |
| **Day 4** | | | | | | | | |
| **Day 5** | | | | | | | | |