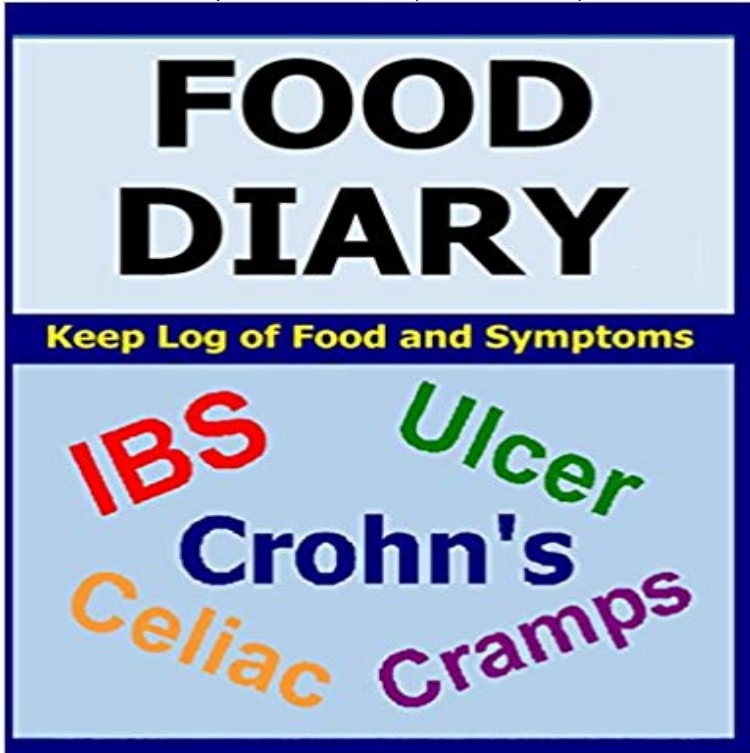


Food Diary: For IBS, Crohns, Celiac and other Digestive Disorders



The Food Diary is designed to track foods consumed and identify symptoms related to conditions such as IBS, Crohns, Celiac, Ulcers and other digestive disorders. Identifying offending foods that trigger a negative reaction (and eliminating them) is an important step to help minimize or avoid symptoms. This book contains a Food and Symptom Log in the front section to record offending foods and symptoms. These pages includes columns for: Date, Food, Symptoms and Rate (of symptom severity). This section reveals a quick overview of offending foods and symptoms. The interior Daily Log pages is a place to write in date of entry and the following: - Time or Meal (Write in time or Breakfast, Lunch, Dinner, Snack) - Food or Drink Consumed - Yes or No (Check correct box if food did or did not cause symptoms) - List foods that may be causing a problem (In this section write details if a certain food caused symptoms and describe. If symptoms did occur, transfer this info to the Food and Symptom Log in front of book.) - Describe Bowel Activity (Write details of bowel movements, frequency and consistency, etc.) - Stress Level Today (Check if stress level was Mild, Average or Severe) The Food Diary contains enough Daily Log pages to record food and symptom data for 3 months or 93 daily entries.

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