

# Food, Lifestyle, and Symptom Diary

Use this diary to help keep track of items that might be giving you symptoms. See the other side of this page to learn how to do this.

Date	Time	Food and Drink Intake (Include preparation methods, sauces or condiments)	Medications and Supplements	Bowel Symptoms and Stool Consistency	Stress, Emotions, Sleep and Activity

# How to fill out this food, lifestyle, and symptom diary

- Write down everything you eat and drink in the diary. Include:
  - the time you eat or drink the food.
  - how much food you eat or drink. Estimate portion sizes using the table on the right, or use measuring cups and spoons if you can.
  - how the food is prepared/cooked. Examples: fried, baked, boiled, or barbecued.
  - anything you add to food, during or after cooking. Examples: cream, sugar, oil, butter, jam, syrup, ketchup, dressings, condiments or sauces.
  - details about restaurant foods, fast foods, or packaged foods. Examples: fast food hamburger with cheese.
  - all snacks, sweets, chewing gums, mints and candies. Examples: 2 pieces of sugar-free gum, 75 g of strawberry fruit leather, or 10 mini pretzels.
- Write down the dose and the time you take any medicines, supplements and other natural health products.
- Record when you have bowel symptoms or bowel movements (BMs). For BMs, include the consistency and amount.  
Example: 7:00 a.m. – diarrhea, large amount.
- Include other possible reasons for symptoms, such as:
  - Stress level. Examples: stressed due to exams, relaxed on vacation.
  - Emotions. Examples: exhausted, tired, happy, or sad.
  - Sleep quality. Examples: slept well for 8 hours, tossed and turned, or unable to fall asleep.
  - Activity. Examples: went for a 30 minute walk, or sitting at work for 4 hours.
  - Hormonal changes. Examples: menses or menopause.

**Portion Size Estimates**

This amount of food:	Is about the size of:
2 ½ oz (75 g) of meat	the palm of your hand
1 ½ oz (50 g) of cheese	your thumb
1 cup (250 mL)	your fist
½ cup (125 mL)	a hockey puck
2 Tbsp (30 mL)	1 golf ball
¼ cup (60 mL)	2 golf balls
1 tsp (5 mL)	a thumb tip

## Example of how to fill in the diary

Date	Time	Food and Drink Intake	Medications and Supplements	Bowel Symptoms and Stool Consistency	Stress, Emotions, Sleep and Activity
Aug 8	7:00 a.m.	1 cup of coffee with 1 tsp sugar and 2 tsp coffee cream, 2 slices of whole wheat bread with 2 tsp peanut butter	Multivitamin, calcium 500 mg		
	8:30 a.m.	½ cup water (with medicine)	Acetaminophen 325 mg	tummy pain, diarrhea (large amount)	stressful meeting, headache
	10:30 a.m.	1 chocolate chip cookie, 2 cups of coffee with 2 tsp sugar and 2 tsp coffee cream		bloated, gassy	