

Food Symptom Records

Instructions:

It is very important that *all* the information is recorded in order to determine whether any food-related behaviors are causing your problems. For the "Food, Drinks, and Medications" column, include amounts consumed/taken and any condiments used. For the "How Do You Feel?" column, note symptoms, including nausea, vomiting, light-headedness, pain, fatigue, and diarrhea.

/TET+	r In I lw b	H D V E 15	Time Symptoms
Time	Food, Drinks, and Medications	How Do You Feel?	Started and Stopped
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