

# Food diary

One page, one week. Write things down as they happen, then look down the page for what lines up.

Shade the hours you felt it: mild moderate strong

**Week of** _____

| Day | Breakfast<br>with a rough amount | Lunch<br>"big bowl", "two slices" | Dinner<br>garlic? onion? beans? | Snacks and drinks<br>coffee, alcohol too | When<br>Ate: write B, L, D or S at the hour. Felt: shade bloating, gas, pain or urgency. | Poop<br>type | Day line<br>these change how the same meal feels |
|---|---|---|---|---|---|---|---|
| **Mon** | | | | | Ate<br>Felt<br>6am 9am noon 3pm 6pm 9pm | | Sleep _____ hours<br>Stress ◯ ◯ ◯ low to high<br>Period ◯ Meds ◯ |
| **Tue** | | | | | Ate<br>Felt<br>6am 9am noon 3pm 6pm 9pm | | Sleep _____ hours<br>Stress ◯ ◯ ◯ low to high<br>Period ◯ Meds ◯ |
| **Wed** | | | | | Ate<br>Felt<br>6am 9am noon 3pm 6pm 9pm | | Sleep _____ hours<br>Stress ◯ ◯ ◯ low to high<br>Period ◯ Meds ◯ |
| **Thu** | | | | | Ate<br>Felt<br>6am 9am noon 3pm 6pm 9pm | | Sleep _____ hours<br>Stress ◯ ◯ ◯ low to high<br>Period ◯ Meds ◯ |
| **Fri** | | | | | Ate<br>Felt<br>6am 9am noon 3pm 6pm 9pm | | Sleep _____ hours<br>Stress ◯ ◯ ◯ low to high<br>Period ◯ Meds ◯ |
| **Sat** | | | | | Ate<br>Felt<br>6am 9am noon 3pm 6pm 9pm | | Sleep _____ hours<br>Stress ◯ ◯ ◯ low to high<br>Period ◯ Meds ◯ |
| **Sun** | | | | | Ate<br>Felt<br>6am 9am noon 3pm 6pm 9pm | | Sleep _____ hours<br>Stress ◯ ◯ ◯ low to high<br>Period ◯ Meds ◯ |

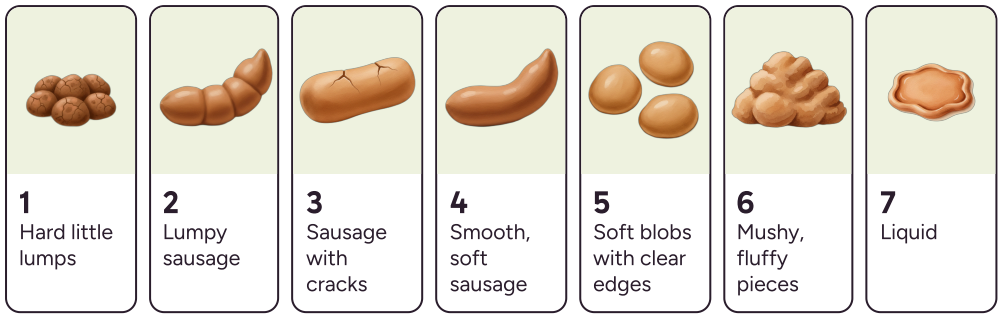
**Lined up with symptoms this week:** _____

Print two, one for each week. **Biome Bliss**

# Reading your diary

Use the poop types as you log, and the steps after about two weeks.

## Poop types (Bristol scale)



| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| Hard little lumps | Lumpy sausage | Sausage with cracks | Smooth, soft sausage | Soft blobs with clear edges | Mushy, fluffy pieces | Liquid |

## How to read it

**1. Mark the bad stretches.**
Look down the shaded hours and circle every stretch with symptoms.

**2. Look back further than the last meal.**
Some symptoms start within a couple of hours of eating, and some show up the next day, so check the row above too.

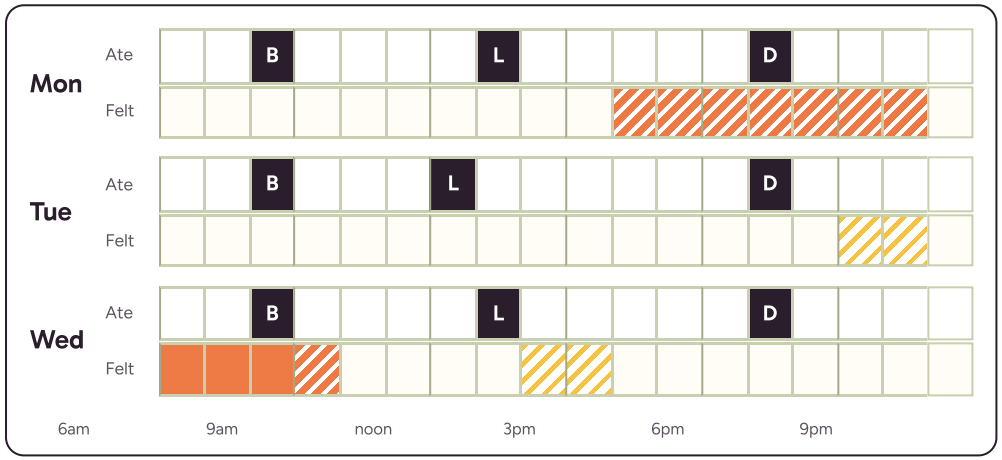
**3. Check the comfortable days.**
A food that turns up before bloating but also sits well on other days is a weaker suspect.

**4. Look at portions.**
Half a bowl of lentils can be fine when a full bowl isn't.

**5. Note the rough nights and hard days.**
Stress and gut symptoms tend to rise together, so read the day line too.

## What a pattern looks like

Tuesday's garlic and onion dinner, then bloating that night and the next morning.
Wednesday's breakfast gets the blame unless you look up a row.




If the same food keeps lining up with symptoms, and you're fine on the days you skip it, test it.

**Before you start, get these checked:**

- blood in your poop, or black poop
- weight loss you can't explain
- symptoms that wake you at night
- new or changed symptoms after about 50
- bloating on most days that doesn't go away, especially if you're a woman over 50
- fever, vomiting or severe pain