

My Food Diary

Many people keep a food diary, whether they have bowel issues or not, to help them identify how certain foods make them feel. This food diary is intended to help you keep track of what you have been eating and if there are any foods or food groups that might have an influence on your digestion, bowel function or irrigations.

Print out this diary and be ready to fill it out after you eat. Get to know your bowels a little better.

My day					Bowel Movements		Notes	
Date	Breakfast (Time)	Lunch (Time)	Dinner (Time)	Snacks (Time)	Time of bowel movement(s)	Medications/ Treatments	Satisfaction with today's diet	Comments
							  	
24/03	Oats (8am)	Chicken salad (12pm)	Spaghetti Bolognese (7:30pm)	Protein bar (3pm) Raspberries (8:30pm)	8.30am	Laxatives & Irrigation (morning)	  	Increased fiber last 2 days seem to have helped soften stool
							  	
							  	
							  	
							  	