

# FOOD RECALL DIARY

Ensure to write down everything you consume daily to get the most accurate understanding.

Examples: Drinks = tea, coffee, water, juice, soft drinks, alcohol

Digestive symptoms = headache, bloating, pain, nausea, burping, reflux, flatulence, indigestion, lethargy



	BREAKFAST	LUNCH	DINNER	SNACKS	DRINKS	SYMPTOMS/ EMOTIONS
<b>DAY 1</b> Date						
<b>DAY 2</b> Date						
<b>DAY 3</b> Date						
<b>DAY 4</b> Date						
<b>DAY 5</b> Date						
<b>DAY 6</b> Date						
<b>DAY 7</b> Date						