








Food Diary

If you think you might have IBS, keep a food diary to help you and your GP identify the types of food that may be triggering your symptoms.

Day	Breakfast	Lunch	Dinner	Drinks	Snacks
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Example	Medium portion of porridge with blueberries and honey	Large portion of tuna salad with spinach, mayonnaise, tomatoes and cucumber	Medium portion of pasta with a ragu sauce	2 x tea 1 x orange juice 1 x fizzy drink	