

# Food and Symptom Pattern Tracker

Use this tracker for 5 to 7 days before changing multiple foods at once.

| Date / Time | Meal or Drink | Foods Included | Portion Size Notes | Dairy? | Fizzy Drink? | Eating Speed | Bloating Timing | Bowel Pattern That Day | Stress / Context Notes |
|-------------|---------------|----------------|--------------------|--------|--------------|--------------|-----------------|------------------------|------------------------|
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## What to look for after tracking

- Do symptoms cluster after dairy-rich meals?
- Do symptoms cluster after apples, pears, legumes, onions, wheat, or mixed healthy bowls?
- Do symptoms worsen after high-fiber breakfasts, bran cereals, or large salads?
- Do symptoms track more with constipation, stress, or fizzy drinks than with one food?
- Does bloating improve when portions are smaller and meals are simpler?