

# FODMAP Diary Report

10-May-2024	
12:01 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
1:45 AM	<b>Meal</b> Muesli with banana, raspberries and yoghurt
2:41 AM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
2:41 AM	<b>Personal Note</b> Bit of pain and rush associated with above entry
10:42 PM	<b>Bowel Movement</b> Soft blobs with clear-cut edges

11-May-2024	
12:14 AM	<b>Meal</b> Cheese and Vegemite on toast
12:55 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool

12-May-2024	
4:45 AM	<b>Meal</b>

	Muesli with banana and yogurt. Toast with cheese and jam
5:26 AM	<b>Personal Note</b> No bowel movement today
10:25 AM	<b>Meal</b> Pumpkin ravioli with pesto, cheese and parsley

13-May-2024	
1:47 AM	<b>Meal</b> Muesli with banana and yogurt
2:28 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
5:05 AM	<b>Meal</b> Cruskits with avocado
11:00 AM	<b>Meal</b> Halloumi pie

14-May-2024	
12:13 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
1:07 AM	<b>Meal</b> Muesli with banana and yogurt
5:16 AM	<b>Meal</b> Egg, onion and tomato roll
11:01 AM	<b>Meal</b>

	Pumpkin ravioli with pesto, cheese and parsley
11:19 PM	<b>Meal</b> Muesli with yogurt

15-May-2024	
5:00 AM	<b>Meal</b> Egg. Onion and tomato roll
5:09 AM	<b>Meal</b> Egg, onion and tomato roll

16-May-2024	
12:25 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
12:25 AM	<b>Personal Note</b> Another very difficult to come out stool. Nowhere near as long and painful as the last time
1:11 AM	<b>Meal</b> Muesli, banana and raspberries and yogurt
1:22 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
5:23 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
10:00 AM	<b>Meal</b> Dahl with sweet potato and carrots

## 17-May-2024

12:10 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
12:32 AM	<b>Meal</b> Muesli with banana, raspberries and yoghurt

## 18-May-2024

2:29 AM	<b>Meal</b> Poached egg on toast
4:02 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
10:33 AM	<b>Meal</b> Thai food

## 19-May-2024

12:48 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
2:34 AM	<b>Meal</b> Muesli with banana, raspberries and yoghurt
5:00 AM	<b>Meal</b> Finger food plus small salad (across 3 hours)
10:07 AM	<b>Meal</b> Minestrone soup

## 20-May-2024

3:01 AM	<b>Meal</b> Muesli with banana, raspberries, kiwi fruit and yoghurt
3:30 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
11:08 AM	<b>Meal</b> Tomato& feta pasta & salad
11:07 PM	<b>Meal</b> Muesli with raspberries, banana and yoghurt

## 21-May-2024

2:05 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
7:31 AM	<b>Meal</b> Bowl of crisps
10:00 AM	<b>Meal</b> Falafel and salads
3:00 PM	<b>Personal Note</b> Writing this a few days later. Think I had a no. 4 stool around 10.30am
11:00 PM	<b>Meal</b> Muesli and yoghurt

## 22-May-2024

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	Toasted cheese, spinach and tomato sandwich
10:00 AM	<b>Meal</b> Monkfish tempura, broad beans, radish and chips

23-May-2024	
3:44 AM	<b>Meal</b> Cheese and garlic pickle on bread
6:15 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
8:09 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
11:00 AM	<b>Meal</b> Minestrone soup

24-May-2024	
1:00 AM	<b>Meal</b> Avocado, feta and tomato on toast
2:03 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
3:59 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
4:08 AM	<b>Personal Note</b> Stools very greyish in colour
9:45 AM	<b>Meal</b>

	Falafel and bean salad
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25-May-2024	
1:00 AM	<b>Meal</b> Muesli with banana, raspberries and yoghurt
2:10 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
10:13 AM	<b>Meal</b> Minestrone soup

26-May-2024	
2:03 AM	<b>Meal</b> Toast and avocado and tomato
3:05 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
7:02 AM	<b>Meal</b> Cheese and crackers
9:59 AM	<b>Meal</b> Japanese - tofu, gyoza

27-May-2024	
1:27 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
2:16 AM	<b>Meal</b>

	Toast and marmalade
7:26 AM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
9:49 AM	<b>Meal</b> Minestrone soup

<b>28-May-2024</b>	
No entry	

<b>29-May-2024</b>	
1:30 AM	<b>Meal</b> Muesli, raspberries and banana
10:50 AM	<b>Meal</b> Gnocchi with spinach and mushrooms
12:45 PM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
12:50 PM	<b>Personal Note</b> The above was a large quantity and very smelly

<b>30-May-2024</b>	
12:00 AM	<b>Meal</b> Toast with Vegemite
1:16 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft



2:19 AM	<b>Meal</b> Muesli, raspberries and banana and yogurt
10:00 AM	<b>Meal</b> Pastel de choclo (sweetcorn and mushroom)

31-May-2024	
1:33 AM	<b>Meal</b> Tea and toast
2:48 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
7:44 AM	<b>Meal</b> 1/2 doz oysters and a slice of bread
11:47 AM	<b>Meal</b> Corn stew
2:47 PM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
2:53 PM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
2:57 PM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool

01-Jun-2024	
1:15 AM	<b>Meal</b> Muesli with banana, raspberries and yogurt

2:13 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
10:18 AM	<b>Meal</b> Dips, cheese etc. Gnocchi with vegetable sauce. Cake
10:09 PM	<b>Meal</b> Toast with Vegemite and cheese and toast with jam

02-Jun-2024	
1:11 AM	<b>Bowel Movement</b> Like a sausage but with cracks on the surface
5:00 AM	<b>Meal</b> Salmon and salads
6:09 AM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
9:11 AM	<b>Meal</b> Cake

03-Jun-2024	
12:50 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
1:31 AM	<b>Meal</b> Muesli, banana, raspberries and yogurt
9:27 AM	<b>Meal</b> Macaroni cheese

11:36 AM	<b>Meal</b> Cake
11:04 PM	<b>Meal</b> Muesli, banana, raspberries and yogurt

04-Jun-2024	
1:11 AM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
3:38 AM	<b>Meal</b> Cheese and tomato toastie
9:19 AM	<b>Meal</b> Lasagne, potatoes and broccoli
2:24 PM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
11:29 PM	<b>Meal</b> Muesli, banana and yogurt

05-Jun-2024	
12:42 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
4:43 AM	<b>Meal</b> Spinach, mushroom and halloumi pie
10:20 AM	<b>Meal</b> Potatoes and broccoli

06-Jun-2024

12:20 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
2:45 AM	<b>Meal</b> Egg and halloumi brioche bun
10:09 AM	<b>Meal</b> Pasta with capsicum

07-Jun-2024

3:08 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
3:50 AM	<b>Meal</b> Oat, almond meal slice

08-Jun-2024

12:43 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
2:16 AM	<b>Meal</b> Vegemite and toast
9:49 AM	<b>Meal</b> Pasta with tomato, capsicum and fried egg
11:00 PM	<b>Bowel Movement</b> Soft blobs with clear-cut edges

11:24 PM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
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**09-Jun-2024**

12:43 AM	<b>Bowel Movement</b> Watery, no solid pieces. Entirely Liquid
1:42 AM	<b>Bowel Movement</b> Watery, no solid pieces. Entirely Liquid
2:01 AM	<b>Personal Note</b> Took 3 drops of Nux. Stomach is very unsettled. Not sure but perhaps have some anxiety around travelling OS today. But I travel a lot and am usually relaxed about it.
10:00 AM	<b>Meal</b> Minestrone
3:20 PM	<b>Meal</b> Flying to Ireland Times from now on are local times
4:16 PM	<b>Meal</b> Vietnamese food and salad
9:22 PM	<b>Meal</b> Croissant and tea
11:04 PM	<b>Meal</b> Toast with cheese and jam Watermelon, rock melon and a plum

**10-Jun-2024**

12:00 AM	<b>Personal Note</b>
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Airplane food. No stools passed

## 11-Jun-2024

9:28 AM

### Bowel Movement

Like a sausage or snake, smooth and soft

9:28 AM

### Personal Note

Heathrow Premier Inn

10:27 AM

### Bowel Movement

Soft blobs with clear-cut edges

3:10 PM

### Personal Note

Arrive Cork

7:37 PM

### Meal

Salmon and salad

## 12-Jun-2024

12:00 AM

### Personal Note

Three episodes of mushy stools around 1am

9:19 AM

### Bowel Movement

Fluffy pieces with ragged edges, a mushy stool

11:01 AM

### Meal

Toast with avocado

11:44 AM

### Bowel Movement

Watery, no solid pieces. Entirely Liquid

7:10 PM

### Meal

	Quiche, potato and salad
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13-Jun-2024	
10:32 AM	<b>Meal</b> Poached egg with toast
10:33 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
7:00 PM	<b>Meal</b> Quiche, potato and salad

14-Jun-2024	
9:24 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
10:35 AM	<b>Meal</b> Muesli, banana and yoghurt
11:47 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
9:00 PM	<b>Meal</b> Pasta pesto and salad

15-Jun-2024	
12:47 AM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
12:12 PM	<b>Meal</b>

	Toast with cheese
1:57 PM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
7:33 PM	<b>Meal</b> Pasta pesto and salad

16-Jun-2024	
9:19 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
11:01 AM	<b>Meal</b> Poached egg and toast
11:15 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
7:50 PM	<b>Meal</b> Salmon, spinach, potato

17-Jun-2024	
9:33 AM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
11:15 AM	<b>Meal</b> Raspberry smoothie and toast with cheese
8:10 PM	<b>Meal</b> Cheese omelette, boiled potatoes and salad



## 18-Jun-2024

10:05 AM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
11:18 AM	<b>Meal</b> Muesli with banana, blueberries and yoghurt
7:38 PM	<b>Meal</b> Fish, potato, cauliflower and broccoli

## 19-Jun-2024

11:02 AM	<b>Meal</b> Toast with cheese and jam
11:23 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
2:24 PM	<b>Meal</b> Crackers and cheese
7:26 PM	<b>Meal</b> Thai fish curry
9:25 PM	<b>Meal</b> Yoghurt and raspberries

## 20-Jun-2024

10:05 AM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
11:15 AM	<b>Meal</b>

	Toast with cheese and jam
12:44 PM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
6:00 PM	<b>Meal</b> Cheese and crackers
7:23 PM	<b>Meal</b> Quiche and salad

21-Jun-2024	
12:00 AM	<b>Personal Note</b> No bowel movement today
11:24 AM	<b>Meal</b> Toast with cheese and jam
7:08 PM	<b>Meal</b> Quiche and salad

22-Jun-2024	
10:32 AM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
12:25 PM	<b>Meal</b> Poached egg and toast
1:33 PM	<b>Bowel Movement</b> Like a sausage or snake, smooth and soft
3:53 PM	<b>Bowel Movement</b>

	Soft blobs with clear-cut edges
7:28 PM	<b>Meal</b> Pasta and salad

23-Jun-2024	
12:26 PM	<b>Meal</b> Toast with cheese and jam
1:51 PM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
2:34 PM	<b>Meal</b> Crackers and cream cheese
5:34 PM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool

24-Jun-2024	
11:53 AM	<b>Meal</b> Toast with cheese and jam
12:44 PM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
1:52 PM	<b>Bowel Movement</b> Watery, no solid pieces. Entirely Liquid

25-Jun-2024	
1:00 PM	<b>Meal</b>

	Toast with cheese
1:46 PM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
3:32 PM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
8:34 PM	<b>Meal</b> Thai fish curry

26-Jun-2024	
11:36 AM	<b>Meal</b> Toast with cheese
11:58 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
5:15 PM	<b>Meal</b> Cheese and crackers
9:00 PM	<b>Meal</b> Spanish omelette

27-Jun-2024	
9:40 AM	<b>Meal</b> Banana on toast
10:07 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
12:07 PM	<b>Meal</b>

	Scone with cream and jam
7:31 PM	<b>Meal</b> Fish, salad and potatoes

28-Jun-2024	
9:33 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
9:54 AM	<b>Meal</b> Toast with cheese and jam
10:13 AM	<b>Bowel Movement</b> Fluffy pieces with ragged edges, a mushy stool
7:46 PM	<b>Meal</b> Capsicum and tomato soup. Spanish omelette

29-Jun-2024	
12:00 AM	<b>Personal Note</b> No bowel movement today
12:02 PM	<b>Meal</b> Banana on toast
8:09 PM	<b>Meal</b> Pasta with mushroom sauce

30-Jun-2024	
10:12 AM	<b>Bowel Movement</b>

	Soft blobs with clear-cut edges
11:01 AM	<b>Meal</b> Toast with cheese and honey
11:23 AM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
8:05 PM	<b>Meal</b> Roast veggies

01-Jul-2024	
11:15 AM	<b>Meal</b> Toast with cheese and honey
12:53 PM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
7:10 PM	<b>Meal</b> Roast veggies and fried egg

02-Jul-2024	
8:53 AM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
12:08 PM	<b>Meal</b> Weetbix with milk and sugar
12:20 PM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
7:15 PM	<b>Meal</b>

	Pasta with mushroom sauce
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03-Jul-2024	
10:43 AM	<b>Meal</b> Muesli with strawberries and yogurt
11:21 AM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
4:28 PM	<b>Meal</b> Little cake
7:09 PM	<b>Meal</b> Salmón, mushrooms, zucchini and potatoes

04-Jul-2024	
10:39 AM	<b>Bowel Movement</b> Soft blobs with clear-cut edges
11:09 AM	<b>Meal</b> Muesli with banana and yogurt