



orthoplex

DIET SYMPTOM DIARY

Start date: 22/09/25

Use this diet diary to record your food intake and symptoms each day as part of your treatment plan.

TIME	FOOD AND DRINK	SYMPTOMS						BOWEL MOTION	
		FILL IN IF APPLICABLE - RATE SEVERITY FROM 1 (MILD) - 3 (SEVERE)						Time	Loose, firm, diarrhoea
00:00	Describe the food & drink in as much detail as you can e.g. 2 poached eggs, with 1 slice of sourdough, buttered, worcestershire sauce & salt, 2 cups of coffee with soy milk & 1 tsp of sugar.	Symptoms	Time	Severity (1-3)	Symptoms	Time	Severity (1-3)	Time	Loose, firm, diarrhoea
DAY 1	6:00 Breakfast: 1 cup of dandelion tea, green juice, cup of yogurt with chia seeds, 1 whole banana	Cramping			Fatigue/ sleepy	3pm	0		
	7:30 cup of coffee	Nausea			Sinus congestion				
	11am Morning snack: 1 fried Dim Sum	Burping			Itchy throat	2pm	1		
	12:15 Lunch: a bowl of lettuce, chicken (4 pieces - small), 1 egg, sliced of bacon	Heartburn	2pm	1	Coughing/mucous				
	1pm Afternoon snack: 1 cup of green tea + piece of dark chocolate	Reflux			Runny nose				
	7pm Dinner: 3 slices of roast beef, some pieces of vegetables potatoes, carrots, parsnip.	Bloating	1:00pm	1	Headache				
	8pm Other snacks: cup of ginger tea + piece of dark chocolate.	Vomiting			Palpitations				
DAY 2	6am Breakfast: Dandelion tea + 1 cup of -ve of english breakfast tea. - 1 scoop of protein 1:1 lactose free milk	Stomach pain			Anxiety				
	8am - 2 spoons of green yogurt + fruit + nuts + seeds - 1 tsp chia	Constipation			Irritability				
	9am - 2 spoons of green yogurt + fruit + nuts + seeds - 1 tsp chia	Diarrhoea			Light-headed				
	10am Morning snack: cup of coffee.	Gas	2pm	1	Other				
	12:30 Lunch: small piece of roast beef + vegetables roasted. (carrot, potato, parsnip)	Comments:	Every night I have a tea spoon of						
	3:30 Afternoon snack: 2 biscuits + herbal tea.								
	7:00 Dinner: 3 sheppers pie + baby samosa + garlic.								
	8:30pm Other snacks: cup of ginger tea + piece of dark chocolate.								

Examples of food, drink & condiments: eg. milk (soy, nut, skim, full cream), chicken (baked, fried, crumbed), bread (wholemeal, white, sourdough, rye, gluten free), condiments (honey, sauce, mayonnaise), beverages (water, coffee, tea, mineral and soda water, juice, alcohol, sports drinks, protein shakes).

Bio Concepts Pty Ltd
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	7:00 Dinner: 3 sheep's pie + baby spinach + garlic.								
	8:30pm Other snacks: cup of ginger tea + piece of dark chocolate.								

- Brandy
- Turmeric
- Garlic
- Ginger
- Chili.

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