

# NUTRITION AND SYMPTOM DIARY

THE PATH TO GREATER VITALITY AND HEALTH

DAY:

MEAL	FOOD	SYMPTOMS/SPECIAL EVENTS

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## HOW TO FILL IN THE TABLE

### Food:

Please list everything you have eaten and drunk (if possible with all ingredients such as spices). Please also write down the method of preparation, e.g. whether you ate your vegetables raw or steamed or fried the meat, etc. and make a note of the product names (e.g. nut and fruit muesli from xx).

### Symptoms:

Please list all complaints such as stomach ache or headache, diarrhoea, itchy skin, burning/tingling in the mouth, runny nose, but also sleep disorders, tiredness, listlessness, etc. Please always note the time, duration, and severity of the complaints.

### Special events:

If possible, also indicate any special events during the day (e.g. petting a cat, exam completed, physical exertion, medication, visit from a smoker, etc.).

## EXAMPLE:

**DAY:** Tuesday, 08 November 2022

MEAL	FOOD	SYMPTOMS/SPECIAL EVENTS
Breakfast 7:30 am	2 slices of wholemeal bread from bakery XX, some butter, 1 teaspoon of forest honey, half an avocado with herb salt from XX	
	2 large cups of coffee	
Lunch in the canteen at 12 o'clock	Spaghetti with tomato sauce, parmesan cheese, coleslaw with vinegar, oil, onions, pepper	Slight tingling in the mouth, headache (12:00 -3:30 pm) 1 tablet of aspirin taken
Snack 4 pm	1 apple with peel	
Dinner 6 pm	1 rye roll from XX with cooked ham, 1 pepper (raw), handful of grapes	Walk 30 min

### Picture credits:

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