

Nutrition and Dietetics

Food, Mood and Symptom Diary

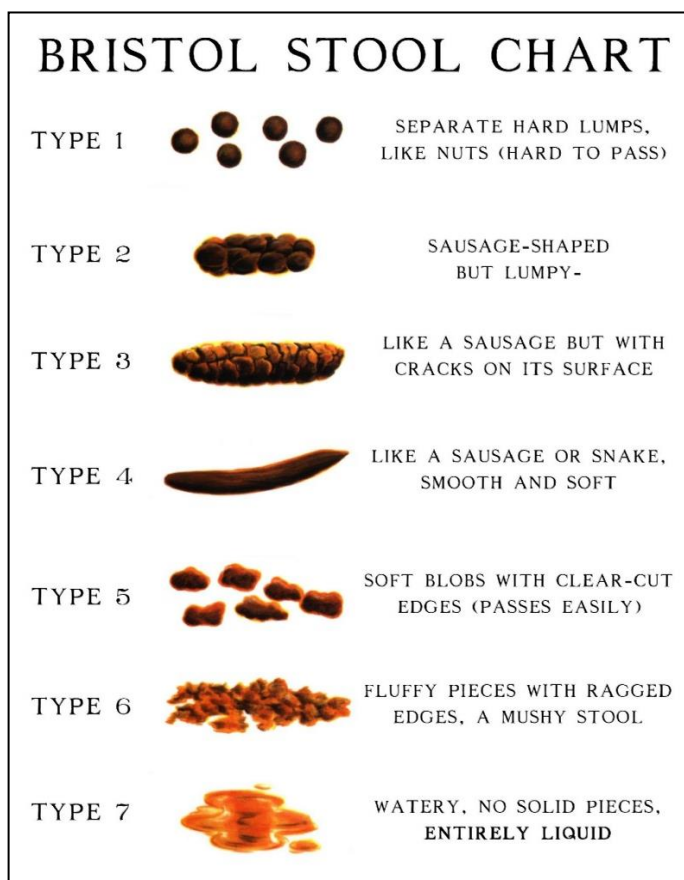
You have been asked to keep this diary to help narrow down which foods/food groups and life events are having an impact on your bowel symptoms. To help us with this it is important that you add as much detail as possible to the diary

Food: Please record information on all foods and drinks that you have as well as the time of day that you consumed the item. If possible please include information such as brands, main ingredients and portion sizes. Please ensure you include all foods and beverages containing caffeine or alcohol.

Mood: Were you feeling particularly anxious, stressed or low in mood about anything, if this was at a particular time please document this. If you were having a particularly bad or good day in general, please record this as well.

Bowel symptoms: please record when you open your bowels and whether this was a loose, soft or hard motion – see the Bristol stool chart to the left which can be helpful in describing stool consistency. Please also include any episodes of abdominal pain, bloating, flatulence, mucus, reflux, nausea or any other symptoms you have which you relate to your gastro condition. Please rate these on their severity (mild, moderate or severe).

Feel free to continue diary on more pages



Day and time	Food	Mood	Bowel symptoms	Any other comments
<i>Monday morning</i>	<p>Example entry</p> <p>08:00 Tesco's Honey and nut granola (small bowl) with low fat yoghurt and semi skimmed cow's milk</p> <p>09:30 Chai latte (starbucks)</p>	<p>09:00 Really bad traffic so feeling flustered when arriving at work</p>	<p>07:00 Opened bowels type 6, pain (moderate) resolved on opening bowels</p>	

Day and time	Food	Mood	Bowel Symptoms	Any other comments

Day and time	Food	Mood	Bowel symptoms	Any other comments

Day and time	Food	Mood	Bowel symptoms	Any other comments

Day and time	Food	Mood	Bowel symptoms	Any other comments

Day and time	Food	Mood	Bowel symptoms	Any other comments



We are smoke-free: smoking is not allowed anywhere on the hospital campus. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:



Help accessing this information in other formats is available. To find out more about the services we provide, please visit our patient information help page (see link below) or telephone 01223 256998.



<https://www.cuh.nhs.uk/contact-us/accessible-information/>

Document history

Authors Gastro Dietitians, Department of Nutrition and Dietetics
 Pharmacist n/a
 Department Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
 Contact number 01223 245151
 Approval date December 2022
 File name Food_mood_and_symptom_diary v3
 Version number/ ID 3/ document id 36697