



FOOD-SYMPTOM DIARY

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WELCOME

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."

– Ann Wigmore, founder of the Hippocrates Health Institute

Welcome to the Food-Symptom Diary, your new best friend in ferreting out hidden triggers that may be contributing to or causing your symptoms.



I'm Amanda Malachesky, Functional Nutrition Coach, and founder of Confluence Nutrition. I help people with confusing, complex symptoms create a new relationship with their bodies.

The Food-Symptom Diary is not about counting calories or dwelling on fat. Rather, it is an opportunity for you to begin making connections between the foods you eat, the symptoms you are experiencing, and how they affect your digestion.

This is going to be a new skill for you, so don't sweat it, just approach this task with a natural sense of curiosity. **What can you learn from keeping track?**



So print out these pages and just write in what you ate and your symptoms. Don't add any judgments or analysis. Just write it down. No one is going to shame you for the choices you made. This is between you and yourself!

Note any physical or emotional signs or symptoms. Are you energized or exhausted? When? Do you notice any emotional triggers that make you crave certain foods? Did you get a stomachache after lunch? Did you bloat after dinner? Did you have trouble sleeping, or feel itchy?

You are a detective looking for hidden clues within your food and other variables. Gathering this information systematically will give you a more objective view than relying on memory, and may help you identify some of your unique symptom triggers.

After you've gotten comfortable noting food and symptoms, **I want you to practice considering your poop as an important symptom.**

WHAT?!

I know, it may seem kind of gross at first glance, but our poop is an important tool to evaluate our digestion, and the state of our intestines. Many of us don't realize how much valuable information we can gather about our digestion from our poop.

Your poop should be medium brown in color, shaped in a slight "S" curve and hold together, have no recognizable pieces of food present. Ideally, you should



be pooping 1-3 times per day. Eliminating less than this is considered constipation, and is a sign that your digestion is not functioning properly.

I'm attaching a Bristol Stool Chart at the back of your food diary to help you decide where your poop is on the scale.

Note the number of how your poop compares in the right-hand column of your food journal.

GET CURIOUS

Once you have some data collected, it's time to get curious. What do you notice? Do your frustrating symptoms occur at the same time of day? Do you suspect any of the foods of causing your symptoms? Do certain foods seem to change your stool quality? What can you determine about the foods you eat and your symptoms?

You can print out the food diary below or just use it as a template for writing in a journal or on your computer. Do whatever works for you. If you're on the go, feel free to jot notes on Post-its or in your smartphone before transferring to your food diary at night.



NEXT STEPS

Sometimes, food is only one piece of a much wider puzzle that you need to solve. **If you've been having a difficult time finding the right strategy to get beyond your symptoms**, grab my free [Roadmap to Recovery](#).

If you find that you need more help interpreting your diary, I invite you to schedule a free, 30-minute Assessment Session. In this session we will:

- Clarify where you are in your health journey.
- Answer your questions about what working with me would be like.
- Determine whether my services are a good fit for you. If they aren't, I will do my best to refer you to another service, practitioner, or resource to help.

Visit me at <http://www.confluencenutrition.com/contact> to learn more.

Connect with me on Social Media:

Facebook: www.facebook.com/confluencenutrition

Twitter: www.twitter.com/malachesky

Instagram: www.instagram.com/confluencenutrition26

Hope for Healing Chronic Illness Private Facebook Group: www.facebook.com/groups/Hopeforchronicillness/



CLUES TO NOTE IN YOUR FOOD-SYMPTOM DIARY

PHYSICAL symptoms are bodily sensations.

1. **CLUES FOR IMBALANCE** headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor.
2. **CLUES FOR BALANCE** bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color.

EMOTIONAL symptoms may be a little harder to notice.

1. **CLUES FOR IMBALANCE** anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, and hyper.
2. **CLUES FOR BALANCE** confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, and patient.

*The above physical and emotional symptoms were adapted from *Potatoes Not Prozac*, by Kathleen DesMaisons, PhD © 2009 Integrative Nutrition 12/09



DAY 1

<i>PRE-BREAKFAST</i>	<i>SYMPTOMS (PHYSICAL OR EMOTIONAL)</i>	<i>POOP</i>
<i>BREAKFAST</i>		
<i>A.M. SNACK(S)</i>		
<i>LUNCH</i>		
<i>P.M. SNACK(S)</i>		
<i>DINNER</i>		
<i>EVENING SNACK(S)</i>		



DAY 2

<i>PRE-BREAKFAST</i>	<i>SYMPTOMS (PHYSICAL OR EMOTIONAL)</i>	<i>POOP</i>
<i>BREAKFAST</i>		
<i>A.M. SNACK(S)</i>		
<i>LUNCH</i>		
<i>P.M. SNACK(S)</i>		
<i>DINNER</i>		
<i>EVENING SNACK(S)</i>		



DAY 3

PRE-BREAKFAST	SYMPTOMS (PHYSICAL OR EMOTIONAL)	POOP
BREAKFAST		
A.M. SNACK(S)		
LUNCH		
P.M. SNACK(S)		
DINNER		
EVENING SNACK(S)		



DAY 4

PRE-BREAKFAST	SYMPTOMS (PHYSICAL OR EMOTIONAL)	POOP
BREAKFAST		
A.M. SNACK(S)		
LUNCH		
P.M. SNACK(S)		
DINNER		
EVENING SNACK(S)		



DAY 5

PRE-BREAKFAST	SYMPTOMS (PHYSICAL OR EMOTIONAL)	POOP
BREAKFAST		
A.M. SNACK(S)		
LUNCH		
P.M. SNACK(S)		
DINNER		
EVENING SNACK(S)		



DAY 6

PRE-BREAKFAST	SYMPTOMS (PHYSICAL OR EMOTIONAL)	POOP
BREAKFAST		
A.M. SNACK(S)		
LUNCH		
P.M. SNACK(S)		
DINNER		
EVENING SNACK(S)		



DAY 7

PRE-BREAKFAST	SYMPTOMS (PHYSICAL OR EMOTIONAL)	POOP
BREAKFAST		
A.M. SNACK(S)		
LUNCH		
P.M. SNACK(S)		
DINNER		
EVENING SNACK(S)		



Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, mushy stool
Type 7		Watery, no solid pieces. ENTIRELY LIQUID