## FIVE DAY DIET DIARY

FOOD: Write down everything you eat or drink including snacks or water, grouping foods in the meal they were eaten.	SYMPTOMS: Underline any symptom you have experienced after eating. These symptoms may include but are not limited to: Sinus congestion, headache, runny nose, acne, bloated abdomen, heartburn, insomnia, watery eyes, puffy face, double chin, swollen hands, feet and ankles. You might also feel tired, depressed, angry, irritable or feel like crying easily.
Day 1	
Day 2	
FOOD:	