



With the help of this food diary, you can test which foods you can tolerate and which trigger complaints. For this purpose, make a note of all foods you have consumed over a period of three to four weeks, including the amount, date, time, and any underlying conditions (stress, joy, relaxation, etc). Also write down all complaints that arise together with the date, time and duration. Your nutritionist can evaluate the food diary afterwards.

Date / time	Food consumed	Complaints	Circumstances / other

