

# Your food diary

## Recognise symptom-triggering foodstuffs

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A food diary is an easy and simple way for you to find out which foodstuffs or ingredients are causing your discomfort. By writing down what you eat and drink every day, you can quickly and confidently trace symptoms back to specific foodstuffs that

may be triggering your complaints. Note down exactly what you are eating and whether any subsequent symptoms arise and if yes, what type. You should keep a food diary for several days. After that, the best thing to do is talk through the results with a

doctor or nutritionist; they can determine, if applicable, the typical characteristics for intolerances or allergies based on their evaluations and arrange further investigations.

Day	Time	What and how much have I eaten or drunk?*	How do I feel afterwards? 👍 👎 ?	What symptoms have arisen after eating (up to 3 hours after the meal)? (e.g. stomach pain, diarrhoea, etc.)	Other (e.g. medication taken)
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\*Add recipes and ingredient lists of the finished products to the log



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Test our products to support digestion - available in pharmacies, food retail shops and in selected online shops.

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