



Berkshire Healthcare NHS Foundation Trust  
Royal Berkshire NHS Foundation Trust

# Irritable Bowel Syndrome (IBS): Food & Symptom Diary

Writing down what you eat and drink and any symptoms you experience helps you become more aware of your eating habits and how these affect you.

Name \_\_\_\_\_

Date of birth \_\_\_\_\_

Your dietitian \_\_\_\_\_

Dietitian contact number: 0118 322 7116

## Lifestyle diary checklist

- ⌋ Record all meals, snacks and drinks at the time you have it.
- ⌋ Write down the actual amount you eat, rather than what is on your plate, using tablespoons, teaspoons, slices, cupfuls or weights.
- ⌋ Give the details of the main ingredients for home-made dishes.
- ⌋ Record brand names where relevant.
- ⌋ Include the method of cooking e.g. grilled, baked or fried and, any additional ingredients used e.g. vegetable oil.
- ⌋ Under 'symptoms' please include details on bowel motions including consistency (see Bristol Stool Chart) and frequency.
- ⌋ Also record any symptoms experienced such as pain, increased bloating or wind, nausea, or urgency.

# Bristol stool chart



Type 1 Separate hard lumps, like nuts (hard to pass)



Type 2 Sausage-shaped, but lumpy



Type 3 Sausage-shaped, but with cracks on surface



Type 4 Sausage or snake like, smooth and soft



Type 5 Soft blobs with clear-cut edges (easy to pass)



Type 6 Fluffy pieces with ragged edges, mushy



Type 7 Watery, no solid pieces (entirely liquid)

## Example diary

<b>Day/Date:</b> Monday 5 <sup>th</sup> February		
<b>Meal</b>	<b>Food &amp; drink (inc amounts)</b>	<b>Thoughts / feelings</b>
<b>Breakfast</b>	30g rice krispies with 150ml semi skimmed milk, 1 tsp sugar 200 ml water	Stressed, running late for work
<b>Mid morning</b>	300ml cup tea with 2 tsp semi skimmed milk + 2 chocolate biscuits	Tired & hungry
<b>Lunch</b>	30g cheddar, 1 tsp Branston piccalilli 2 slices white bread, 32.5g bag of plain crisps, small Mars bar	Starving
<b>Mid afternoon</b>	300ml cup tea with 2 tsp semi skimmed milk	Sleepy
<b>Dinner</b>	2 large sausages, 2 cups mashed potato, 1/2 cup baked beans, 250ml red wine, 150g rice pudding with 2 tsp strawberry jam	Hungry & tired
<b>Supper</b>	-	Relaxed

**Day/Date:** Monday 5<sup>th</sup> February

<b>Time</b>	<b>Activity / exercise</b>	<b>Symptoms / severity</b>	<b>Bristol Stool Chart</b>
<b>Morning</b>	30 minute dog walk, slow pace	Moderate abdominal pain & moderate wind	Type 2
<b>Mid morning</b>	At desk all morning	Mild abdominal pain and cramps	-
<b>Lunch</b>	5 min walk to canteen using lift	Stomach gurgling, moderate	-
<b>Mid afternoon</b>	At desk all pm	Mild wind	-
<b>Dinner</b>	Watch TV. wash the dishes	Mild abdominal discomfort	-
<b>Evening</b>	Watch a film after chat with partner	Moderate wind	-

# Your diary

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<b>Mid morning</b>		
<b>Lunch</b>		
<b>Mid afternoon</b>		
<b>Dinner</b>		
<b>Supper</b>		

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<b>Lunch</b>			
<b>Mid afternoon</b>			
<b>Dinner</b>			
<b>Evening</b>			

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## Any other information/notes

Visit the Trust website at [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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