CCFA CROHN'S & COLITIS FOUNDATION OF AMERICA

Daily Food Journal

There is not one single diet or eating plan that is appropriate for everyone with IBD. Writing down when, what, and how much you eat can help you determine which, if any, foods affect your symptoms. Make sure to write down any unusual symptoms you may experience after eating, and include the time they began. Remember to bring this journal with you to your next doctor's visit.

4/30/16

Date & Time	Food	Amount	Symptoms & Time of Occurrence