

A close-up photograph of a green and white 'FOOD DIARY' form. The form is held by a wooden clipboard. The text 'FOOD DIARY' is prominently displayed in large, white, bold letters on a green background. Below it, there is a section labeled 'Food eaten or medication' in smaller white text on a green background. The form is slightly angled, and the wooden texture of the clipboard is visible in the top left corner.

Amount	Your symptoms and level (0 = no problem, 10 = severe)
Small	No symptoms (0)
Medium	Wind (6)

FOOD DIARY

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Date	Time	Food eaten and/ or medication taken	Amount	Your symptoms and level (0 = no problem, 10 = severe)	Time and duration
6 th August	Breakfast	Tea and toast	Small	No symptoms (0)	—
6 th August	12.30pm	Cauliflower cheese	Medium	Wind (6)	1.30pm for half an hour