



To help track the source of your gas discomfort, print and complete the below doctor-approved food diary for several days (you can even bring it with you to your doctor). Don't forget to include *all* foods and beverages, including coffee sweeteners, chewing gum, etc.

BREAKFAST	
	Degree of Bloat: Mild - 1 2 3 4 5 - Severe
	Gas: Odorous Non-Odorous
	Time of Bloat:
	Amount of Gas: Small Large
SNACK	
	Degree of Bloat: Mild - 1 2 3 4 5 - Severe
	Gas: Odorous Odorless
	Time of Bloat:
	Amount of Gas: Small Large
LUNCH	
	Degree of Bloat: Mild - 1 2 3 4 5 - Severe
	Gas: Odorous Odorless
	Time of Bloat:
	Amount of Gas: Small Large
SNACK	
	Degree of Bloat: Mild - 1 2 3 4 5 - Severe
	Gas: Odorous Odorless
	Time of Bloat:
	Amount of Gas: Small Large
DINNER	
	Degree of Bloat: Mild - 1 2 3 4 5 - Severe
	Gas: Odorous Odorless
	Time of Bloat:
	Amount of Gas: Small Large
SNACK	
	Degree of Bloat: Mild - 1 2 3 4 5 - Severe
	Gas: Odorous Odorless
	Time of Bloat:
	Amount of Gas: Small Large

***It can take up to six hours for a portion of a meal to be released as gas; so your gassy episode is likely from an earlier meal in the day.**