



# Food, Fiber, Fluid, and Bowel Diary

Name:

Start Date:

Instructions: When you eat, drink or have a bowel movement, please fill in the time (including A.M or P.M.) and foods consumed in the appropriate day and category space, and fill in the totals at the end.

<b>Time of Day</b>	<b>Food and Serving Sizes</b>	<b>Fiber Grams</b>	<b>Type of Beverage</b>	<b>Ounces</b>	<b>Bowel Movement type</b>
AM					
PM					
AM					
PM					
AM					
PM					
AM					
PM					

AM					
PM					
AM					
PM					
AM					
PM					
AM					
PM					
AM					
PM					
AM					

PM					
AM					
PM					
AM					
PM					
AM					
PM					
	<b>Total Grams of Fiber:</b>		<b>Total ounces of non- caffeinated fluid:</b>		

Type 1	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7
Separate hard lumps, like nuts	Sausage-shaped but lumpy	Like a sausage but with cracks on its surface	Like a sausage or snake, smooth and soft	Soft blobs with clear-cut edges	Fluffy pieces with ragged edges, a mushy stool	Watery, no solid pieces, entirely liquid
						

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