FOOD REACTIONS & SYMPTOM TRACKER

Experiencing symptoms with certain foods does not automatically mean those foods are “bad.” Sometimes symptoms are simply feedback.

Examples:

Bloating after fiber: May suggest digestion or tolerance needs more support

Gas after prebiotic foods: May suggest slower progression is needed

Fatigue after meals: May suggest metabolic or digestive stress

Food reactivity: May suggest inflammation or gut barrier stress

Listening to Feedback

FOOD / MEAL	SYMPTOMS	TIMING	NOTES

Watch For Patterns

Examples:

- Bloating, cramping, bowel changes
- Fatigue, changes in sleep
- Food reactivity, skin rash
- Brain fog, headaches