BUCKET · MCAS FOOD DIARY

My food and drink

Dates _____

When date · time	Ate or drank brand, if packaged	Leftovers? how old	Also around it fragrance, heat, stress, effort	How I felt afterwards symptom · 0–10		
				Same day	Next day	2–3 days later

The examples are things people often note, not a list of causes. This sheet records what you ate and how you felt; it isn't a diet, and it doesn't say what to eat or avoid.

Free from mybucketlog.com/printables/mcas-food-diary — print, copy and share. Bucket is a symptom and trigger diary for iPhone; it is not medical advice.