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|  |  | **Mein Ess- und Symptomtagebuch** | | | |

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| **Datum/Uhrzeit** | **Menge** | **Nahrungsmittel/Getränk** | **Trinkmenge** | **Symptome/Uhrzeit** |
|  |  | ***Beispiel:*** |  |  |
| 25.4.  6.30 Uhr | 2 Sch. | Mischbrot  Butter, Brie; Erdbeermarmelade |  | 7 Uhr Stuhlgang normal |
|  | 1 | Apfel |  |  |
|  |  | Kaffee mit wenig Milch | 0,4l |  |
| vormittags |  | Leitungswasser | 0,5l | ab 10 Uhr leichte Bauch-  schmerzen, Blähungen |
| 12 Uhr | 1Portion | Gulasch mit Spätzle, kleiner Salat  Spezi | 0,5l |  |
|  |  |  |  | ab 13 Uhr stärker werdend |
| 15 Uhr | 1 | Schokoriegel |  |  |
|  |  | Wasser | 0,25l |  |
| 17.30 Uhr | 1 Sch | Fitnessbrot, 1 Sch.Schinken, Butter  2 Tomaten  leichtes Weißbier | 0,5l | bis spät abends Bauch-  schmerzen |
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| **Datum/Uhrzeit** | **Menge** | **Nahrungsmittel/Getränk** | **Trinkmenge** | **Symptome/Uhrzeit** |
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