## FOOD DIARY

## WEEK:

Breakfast  Lunch  Dinner  Snacks  How was my reflux?	Breakfast  Lunch  Dinner  Snacks  How was my reflux?
Breakfast  Lunch  Dinner  Snacks  How was my reflux?	Breakfast  Lunch  Dinner  Snacks  How was my reflux?
Breakfast  Lunch  Dinner  Snacks  How was my reflux?	Breakfast  Lunch  Dinner  Snacks  How was my reflux?
Breakfast  Lunch  Dinner  Snacks  How was my reflux?	ACID REFLUX OBSERVATIONS