

Gastroparesis food and symptom diary

One sheet per day. With gastroparesis the things that predict how a meal goes are its **texture**, its **portion** and its **fat**, so record those rather than a dish name. Rate symptoms 0 (none) to 4 (severe). Fill it in at the time, because a bad afternoon rewrites the morning.

Date

Weight
if you weigh

Fluid target
ticks below

Blood sugar
if relevant

TIME	WHAT I ATE OR DRANK texture: liquid, puree, soft, solid	PORTION small, half, full	NAUSEA / FULLNESS / BLOATING circle the worst, 0 to 4	NOTES vomiting, pain, meds
			0 1 2 3 4	
			0 1 2 3 4	
			0 1 2 3 4	
			0 1 2 3 4	
			0 1 2 3 4	
			0 1 2 3 4	
			0 1 2 3 4	
			0 1 2 3 4	
			0 1 2 3 4	

Fluid through the day

Tick a box for each cup or glass. Sipping continuously works better than drinking a glass at once.

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Not keeping fluids down for a day, vomiting that will not stop or signs of dehydration need medical care now.
Dark urine, passing much less than usual or dizziness on standing are the signs to act on.

velorahealth.io/blog/printable-gastroparesis-diary
Free to print and share. No sign-up.

Weekly review

Fill this in at the end of each week from your daily sheets. The question is not what is healthy, it is what left your stomach, which is a different question with a personal answer.

1. For each day, note the worst symptom and how bad it got.
2. List what went down easily, and at what texture and portion.
3. List what came back or sat for hours, with the same detail.
4. A food that failed in a large portion is worth retrying small before it goes on the trigger list.
5. Tolerance changes between flares, so review the lists every few weeks rather than treating them as fixed.
6. Weight dropping without meaning to is a reason to contact your team, not a diary entry.

DAY	WORST SYMPTOM, 0 TO 4	WHAT WENT DOWN EASILY	WHAT DID NOT
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Safe so far 	Caution 	Triggers
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Bring these sheets to your gastroenterology or dietitian appointment.

Four weeks of records, with weight and fluid, is worth more than any description from memory.

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Guides on gastroparesis, free to read.

Mello: Gastroparesis Tracker for iPhone. apps.apple.com/app/id6779653635