

Food & Symptom Report

Sample

By Maya · Made with Triggerbites



PERIOD	DAYS LOGGED	PREPARED
Sep 1–30, 2026 30 days	30 of 30	September 30, 2026

Symptoms at a Glance

Symptom	Days	Average	Peak	Trend	Day by day
Bloating	23/30	4.7	7	5.0 → 4.5	
Fatigue	18/30	4.2	5	4.4 → 4.1	
Headache	13/30	5.2	8	5.7 → 4.7	
Brain Fog	8/30	4.1	5	4.2 → 4.0	
Acid Reflux	8/30	3.5	4	3.6 → 3.3	
Abdominal Pain	6/30	5.0	6	5.0 → 5.0	

What Stands Out

Associations in this diary, not diagnoses.

Symptom	Logged in the 24 hours before	
Headache 8 days at 6 or more	Red Wine and Salami often with Bread	Before those days 8/8 On any day 8/30
Bloating 10 days at 6 or more	Lentils often with Cucumber, Garlic, Onion, and Chickpeas	Before those days 8/10 On any day 10/30

Stool

Bristol 1–2		4%
Bristol 3–5		85%
Bristol 6–7		11%

1.0 a day, on the 28 of 30 days with a stool logged

How the Days Went

Sleep	
Health	
Stress	
Energy	

Supplements & Medications

Magnesium	27/30
Vitamin D	28/30
Cetirizine as needed, last Sep 27	8/30

Ingredients Containing Allergens

Dairy Proteins in Mozzarella, Butter +4	27/30
Gluten in Bread, Sourdough Bread +3	25/30
Nickel in Lentils, Spinach +5	22/30
Alpha-gal in Salami, Ham +1	17/30

Most Logged Ingredients

Coffee	26	Garlic	16	Rice	14	Lentils	11
Cucumber	20	Onion	15	Tomato	13	Butter	10
Olive Oil	19	Chicken	14	Banana	12	Egg	10
Bread	16	Potato	14	Mozzarella	12	Sourdough Bread	10

1 Symptoms

1–3 Mild 4–6 Moderate 7–10 Severe — 0 None · nothing logged

Highest intensity logged each day, on a 0 to 10 scale.

Symptom	Day by day	Days	Average	Peak	When
 Bloating		23/30	4.7	7	Afternoons
 Fatigue		18/30	4.2	5	Mornings
 Headache		13/30	5.2	8	Mornings
 Brain Fog		8/30	4.1	5	Mornings
 Acid Reflux		8/30	3.5	4	Afternoons
 Abdominal Pain		6/30	5.0	6	Afternoons

AS- NEEDED MEDICATIONS, ON THE SAME DAYS

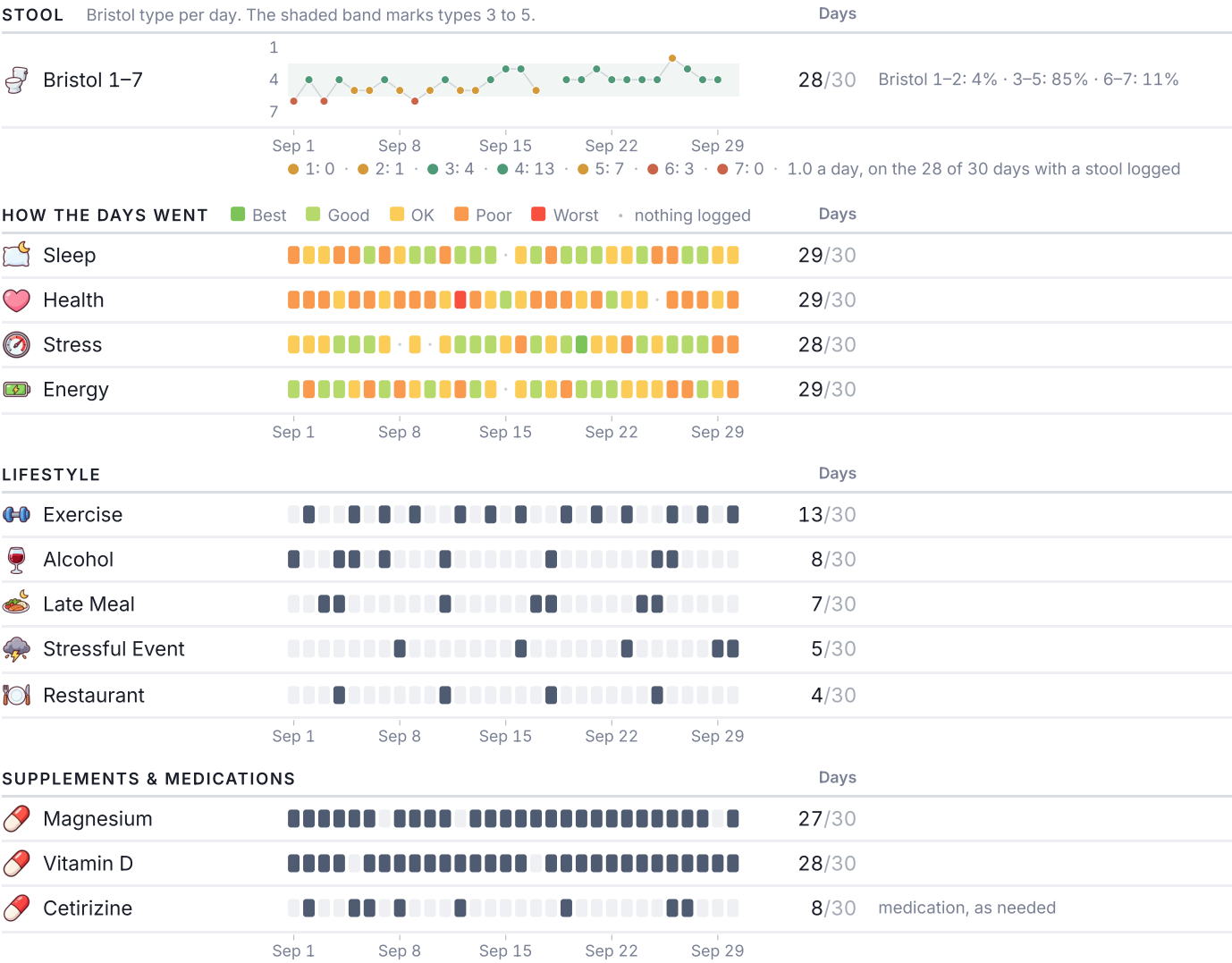
 Cetirizine		8/30
--	--	------

WEEKLY AVERAGES

Symptom	Sep 1–7	Sep 8–14	Sep 15–21	Sep 22–28	Sep 29–30 2 days
 Bloating	5.8 5 d	4.4 7 d	4.5 6 d	4.0 4 d	6.0 1 d
 Fatigue	4.7 3 d	4.2 5 d	4.0 3 d	4.0 5 d	4.5 2 d
 Headache	5.8 4 d	7.5 2 d	3.8 4 d	6.5 2 d	2.0 1 d
 Brain Fog	4.3 3 d	4.0 2 d	4.0 1 d	4.0 2 d	—
 Acid Reflux	3.7 3 d	3.5 2 d	4.0 1 d	3.0 2 d	—
 Abdominal Pain	5.0 2 d	5.0 2 d	5.0 2 d	—	—

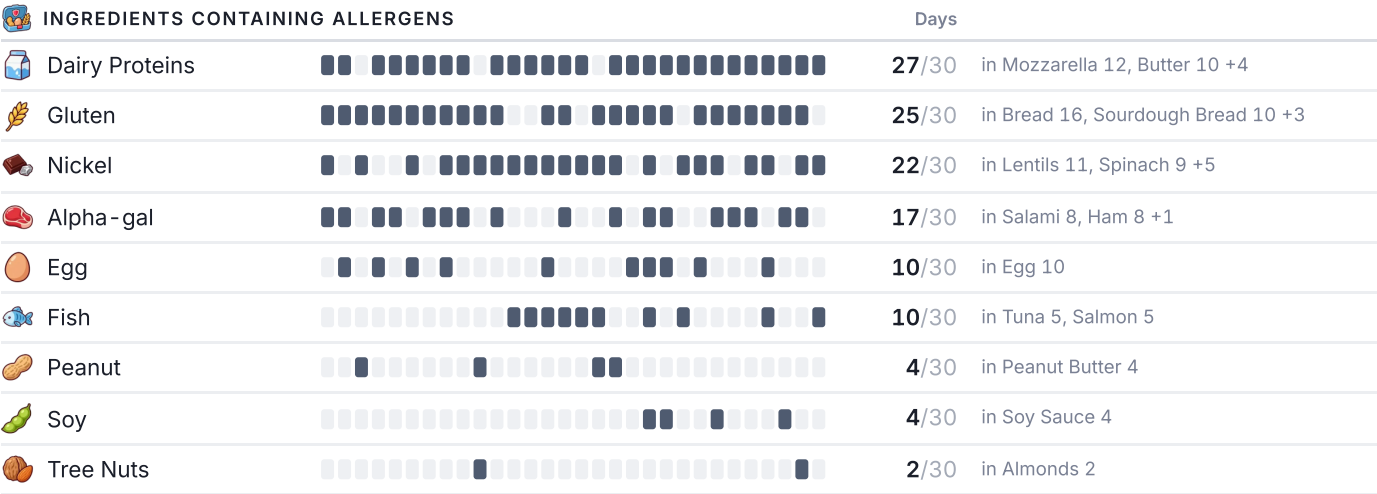
Small numbers: days with a reading. Red: a week averaging 7 or more. Grey: under 4.

2 Body and lifestyle

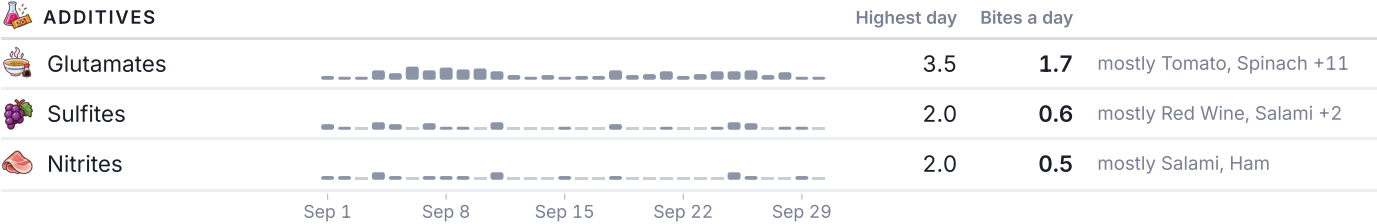
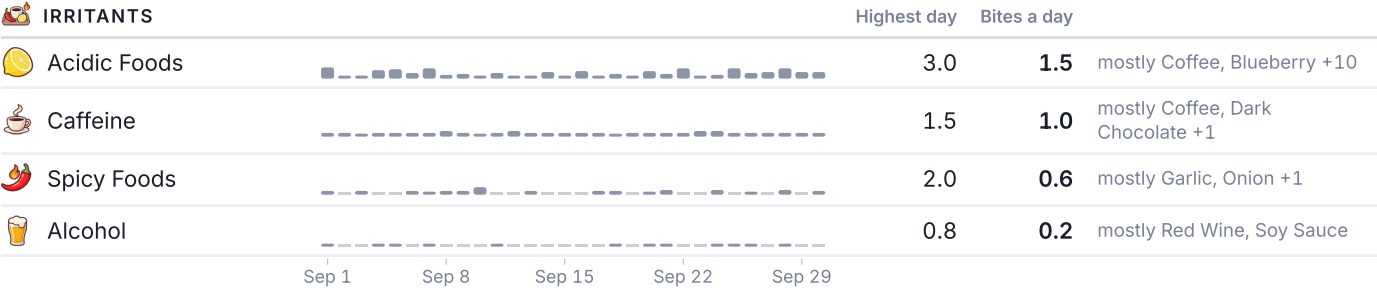
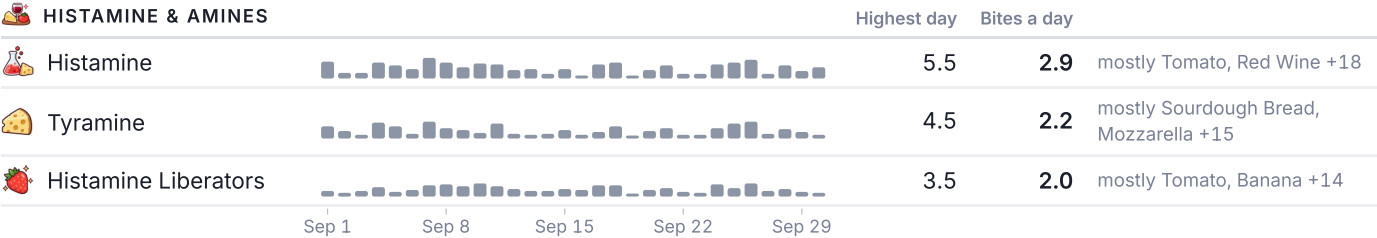
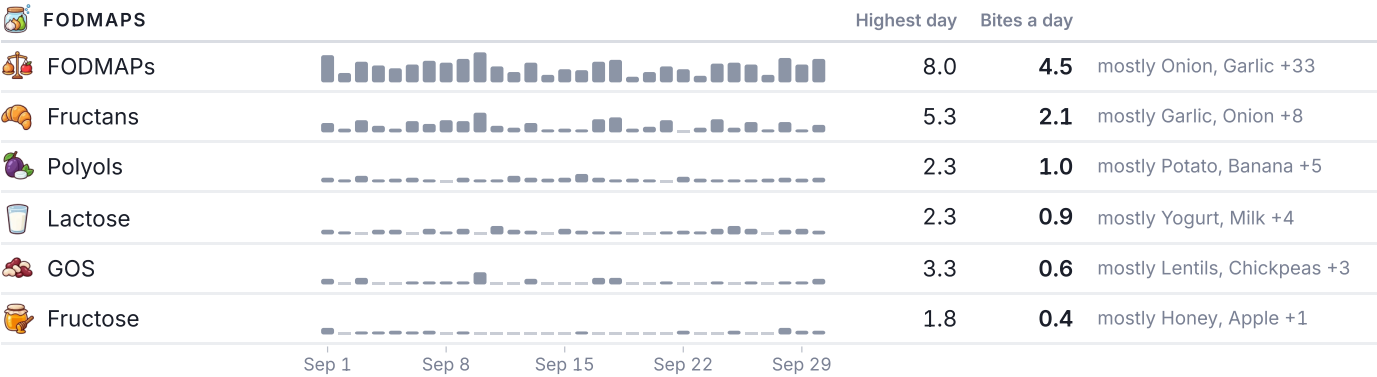


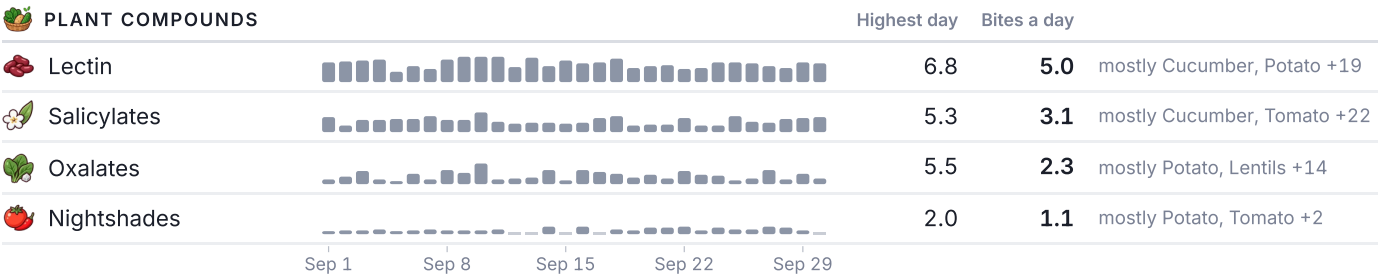
3 Ingredients and compounds

Bites per day: each logged ingredient adds its graded amount of the compound.



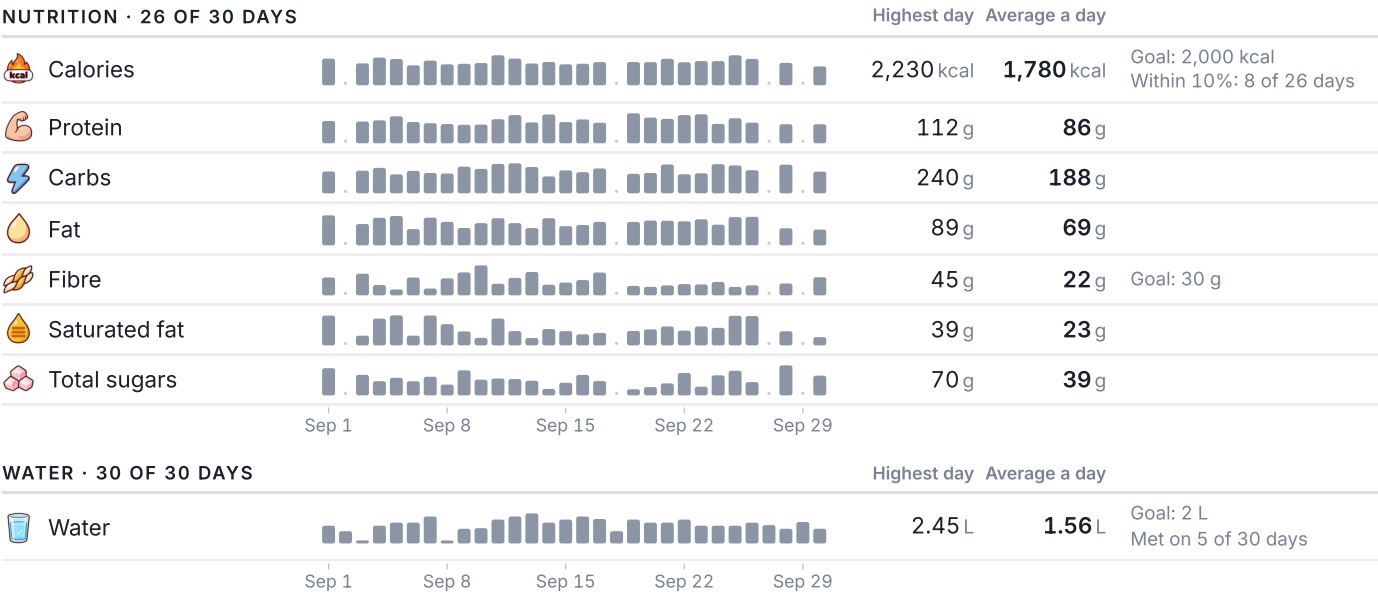
Days an ingredient that contains the allergen was logged. Traces and shared production lines are not counted.





4 Nutrition and water

Amounts are estimated from the diary.



5 Diary

Every entry with its time. Symptoms, stool and tags sit on the entry they were logged with.

	Ingredients	Symptoms
Tue, Sep 1 Sleep: poor · Health: poor · Stress: OK · Energy: good		
7:45 AM	Yogurt, Blueberry, Honey, Coffee	Headache 2/10 Bristol 6
1:00 PM	Chickpeas, Lentils, Onion, Garlic, Cucumber, Pear	Bloating 7/10
7:15 PM	Aged Cheese, Salami, Red Wine, Bread	Alcohol
Wed, Sep 2 Sleep: OK · Health: poor · Stress: OK · Energy: poor · Cetirizine		
7:45 AM	Sourdough Bread, Egg, Butter, Coffee	Headache 7/10 Fatigue 5/10 Brain Fog 3/10 Bristol 4
1:00 PM	Bread, Ham, Mozzarella, Lettuce, Cucumber	Bloating 3/10
7:15 PM	Chicken, Potato, Carrot, Olive Oil	Exercise
Thu, Sep 3 Sleep: OK · Health: poor · Stress: OK · Energy: good		
7:45 AM	Bread, Peanut Butter, Banana, Green Tea	Bristol 6
1:00 PM	Chickpeas, Lentils, Onion, Garlic, Cucumber, Apple	Bloating 7/10 Abdominal Pain 4/10
7:15 PM	Chicken, Potato, Carrot, Olive Oil	Late Meal
Fri, Sep 4 Sleep: poor · Health: OK · Stress: good · Energy: good		
7:45 AM	Sourdough Bread, Egg, Butter, Coffee	Bristol 4
1:00 PM	Bread, Ham, Mozzarella, Lettuce, Cucumber, Pear	Acid Reflux 4/10
8:30 PM	Wheat, Mozzarella, Tomato, Salami, Red Wine	Alcohol Restaurant Late Meal
Sat, Sep 5 Sleep: poor · Health: poor · Stress: good · Energy: OK · Cetirizine		
9:30 AM	Yogurt, Blueberry, Honey, Coffee	Headache 7/10 Brain Fog 5/10 Fatigue 4/10 Bristol 5
1:00 PM	Chicken, Rice, Broccoli, Olive Oil	
7:15 PM	Aged Cheese, Salami, Red Wine, Bread	Exercise Alcohol
Sun, Sep 6 Sleep: good · Health: poor · Stress: good · Energy: poor · Cetirizine		
9:30 AM	Sourdough Bread, Egg, Butter, Coffee	Headache 7/10 Brain Fog 5/10 Fatigue 5/10 Bristol 5
1:00 PM	Chicken, Rice, Broccoli, Olive Oil, Apple	Bloating 7/10 Abdominal Pain 6/10 Acid Reflux 4/10
7:15 PM	Lentils, Onion, Garlic, Tomato, Spinach	
Mon, Sep 7 Sleep: poor · Health: OK · Stress: OK · Energy: good		
7:45 AM	Yogurt, Blueberry, Honey, Coffee	Bristol 4
1:00 PM	Spaghetti, Tomato, Parmesan, Garlic, Olive Oil	Bloating 5/10 Acid Reflux 3/10
7:15 PM	Aged Cheese, Salami, Red Wine, Bread	Exercise Alcohol

Ingredients		Symptoms
Tue, Sep 8 Sleep: OK · Health: poor · Energy: poor ·  Cetirizine		
7:45 AM	Sourdough Bread, Egg, Butter, Coffee	 Headache 7/10  Fatigue 5/10  Brain Fog 3/10  Bristol 5
1:00 PM	Bread, Ham, Mozzarella, Lettuce, Cucumber, Dark Chocolate	 Bloating 6/10  Abdominal Pain 5/10
7:15 PM	Lentils, Onion, Garlic, Tomato, Spinach	 Stressful Event
Wed, Sep 9 Sleep: good · Health: poor · Stress: OK · Energy: OK		
7:45 AM	Oats, Banana, Milk, Coffee	 Fatigue 4/10  Bristol 6
1:00 PM	Bread, Ham, Mozzarella, Lettuce, Cucumber, Apple	 Bloating 7/10  Acid Reflux 3/10
7:15 PM	Lentils, Onion, Garlic, Tomato, Spinach	 Exercise
Thu, Sep 10 Sleep: good · Health: poor · Energy: good		
7:45 AM	Bread, Peanut Butter, Banana, Green Tea	 Bristol 5
1:00 PM	Chickpeas, Lentils, Onion, Garlic, Cucumber, Almonds	 Bloating 7/10  Abdominal Pain 5/10
7:15 PM	Lentils, Onion, Garlic, Tomato, Spinach	
Fri, Sep 11 Sleep: poor · Health: OK · Stress: OK · Energy: OK		
7:45 AM	Oats, Banana, Milk, Coffee	 Fatigue 4/10  Bristol 4
1:00 PM	Bread, Ham, Mozzarella, Lettuce, Cucumber	 Acid Reflux 4/10  Bloating 2/10
8:30 PM	Wheat, Mozzarella, Tomato, Salami, Red Wine	 Alcohol  Restaurant  Late Meal
Sat, Sep 12 Sleep: good · Health: worst · Stress: good · Energy: poor ·  Cetirizine		
9:30 AM	Oats, Banana, Milk, Coffee	 Headache 8/10  Brain Fog 5/10  Fatigue 5/10  Bristol 5
1:00 PM	Chicken, Rice, Broccoli, Olive Oil, Dark Chocolate	 Bloating 1/10
7:15 PM	Tuna, Rice, Avocado, Cucumber	 Exercise
Sun, Sep 13 Sleep: good · Health: poor · Stress: good · Energy: good		
9:30 AM	Oats, Banana, Milk, Coffee	 Bristol 5
1:00 PM	Chickpeas, Lentils, Onion, Garlic, Cucumber	 Bloating 6/10
7:15 PM	Tuna, Rice, Avocado, Cucumber	
Mon, Sep 14 Sleep: good · Health: OK · Stress: good · Energy: OK		
7:45 AM	Sourdough Bread, Egg, Butter, Coffee	 Fatigue 3/10  Bristol 4
1:00 PM	Salmon, Potato, Spinach, Lemon	 Bloating 2/10
7:15 PM	Chicken, Potato, Carrot, Olive Oil	 Exercise
Tue, Sep 15 Health: good · Stress: OK		
7:45 AM	Oats, Banana, Milk, Coffee	 Headache 2/10  Bristol 3
1:00 PM	Bread, Ham, Mozzarella, Lettuce, Cucumber	
7:15 PM	Tuna, Rice, Avocado, Cucumber	

Ingredients		Symptoms
Wed, Sep 16 Sleep: OK · Health: OK · Stress: poor · Energy: OK		
7:45 AM	Oats, Banana, Milk, Coffee	Fatigue 4/10 ● Bristol 3
1:00 PM	Salmon, Potato, Spinach, Lemon, Apple	Bloating 2/10
7:15 PM	Chicken, Potato, Carrot, Olive Oil	Exercise Stressful Event
Thu, Sep 17 Sleep: good · Health: poor · Stress: good · Energy: good		
7:45 AM	Bread, Peanut Butter, Banana, Green Tea	● Bristol 5
1:00 PM	Chickpeas, Lentils, Onion, Garlic, Cucumber, Dark Chocolate	Bloating 6/10 Abdominal Pain 5/10
7:15 PM	Tuna, Rice, Avocado, Cucumber	Late Meal
Fri, Sep 18 Sleep: poor · Health: poor · Stress: OK · Energy: OK		
7:45 AM	Bread, Peanut Butter, Banana, Green Tea	Fatigue 3/10
1:00 PM	Chickpeas, Lentils, Onion, Garlic, Cucumber	Bloating 7/10 Abdominal Pain 5/10
8:30 PM	Wheat, Mozzarella, Tomato, Salami, Red Wine	Alcohol Restaurant Late Meal
Sat, Sep 19 Sleep: good · Health: poor · Stress: good · Energy: poor · Cetirizine		
9:30 AM	Sourdough Bread, Egg, Butter, Coffee	Headache 8/10 Fatigue 5/10 Brain Fog 4/10 ● Bristol 4
1:00 PM	Chicken, Rice, Broccoli, Olive Oil	Bloating 3/10
7:15 PM	Chicken, Potato, Carrot, Olive Oil	Exercise
Sun, Sep 20 Sleep: good · Health: OK · Stress: best · Energy: good		
9:30 AM	Sourdough Bread, Egg, Butter, Coffee	Headache 2/10 ● Bristol 4
1:00 PM	Salmon, Potato, Spinach, Lemon	Bloating 4/10
7:15 PM	Beef, Rice, Bell Pepper, Soy Sauce, Onion	
Mon, Sep 21 Sleep: good · Health: poor · Stress: OK · Energy: good		
7:45 AM	Sourdough Bread, Egg, Butter, Coffee	Headache 3/10 ● Bristol 3
1:00 PM	Spaghetti, Tomato, Parmesan, Garlic, Olive Oil	Bloating 5/10 Acid Reflux 4/10
7:15 PM	Beef, Rice, Bell Pepper, Soy Sauce, Onion	Exercise
Tue, Sep 22 Sleep: OK · Health: good · Stress: OK · Energy: good		
7:45 AM	Yogurt, Blueberry, Honey, Coffee	● Bristol 4
1:00 PM	Salmon, Potato, Spinach, Lemon	
7:15 PM	Chicken, Potato, Carrot, Olive Oil	
Wed, Sep 23 Sleep: OK · Health: OK · Stress: poor · Energy: OK		
7:45 AM	Sourdough Bread, Egg, Butter, Coffee	Fatigue 4/10 ● Bristol 4
1:00 PM	Chicken, Rice, Broccoli, Olive Oil, Dark Chocolate	
7:15 PM	Chicken, Potato, Carrot, Olive Oil	Exercise Stressful Event

Ingredients		Symptoms
Thu, Sep 24 Sleep: good · Health: OK · Stress: good · Energy: OK		
7:45 AM	Oats, Banana, Milk, Coffee	Fatigue 3/10 Bristol 4
1:00 PM	Spaghetti, Tomato, Parmesan, Garlic, Olive Oil, Dark Chocolate	Bloating 5/10 Acid Reflux 4/10
7:15 PM	Beef, Rice, Bell Pepper, Soy Sauce, Onion	Late Meal
Fri, Sep 25 Sleep: poor · Stress: OK · Energy: OK		
7:45 AM	Yogurt, Blueberry, Honey, Coffee	Fatigue 3/10 Bristol 4
1:00 PM	Bread, Ham, Mozzarella, Lettuce, Cucumber	
8:30 PM	Wheat, Mozzarella, Tomato, Salami, Red Wine	Alcohol Restaurant Late Meal
Sat, Sep 26 Sleep: poor · Health: poor · Stress: good · Energy: poor · Cetirizine		
9:30 AM	Oats, Banana, Milk, Coffee	Headache 7/10 Brain Fog 5/10 Fatigue 5/10 Bristol 2
1:00 PM	Spaghetti, Tomato, Parmesan, Garlic, Olive Oil	Bloating 5/10
7:15 PM	Aged Cheese, Salami, Red Wine, Bread	Exercise Alcohol
Sun, Sep 27 Sleep: good · Health: poor · Stress: good · Energy: poor · Cetirizine		
9:30 AM	Sourdough Bread, Egg, Butter, Coffee	Headache 6/10 Fatigue 5/10 Brain Fog 3/10 Bristol 3
1:00 PM	Salmon, Potato, Spinach, Lemon	Bloating 1/10
7:15 PM	Chicken, Potato, Carrot, Olive Oil	
Mon, Sep 28 Sleep: good · Health: poor · Stress: good · Energy: good		
7:45 AM	Yogurt, Blueberry, Honey, Coffee	Bristol 4
1:00 PM	Spaghetti, Tomato, Parmesan, Garlic, Olive Oil, Pear	Bloating 5/10 Acid Reflux 2/10
7:15 PM	Beef, Rice, Bell Pepper, Soy Sauce, Onion	Exercise
Tue, Sep 29 Sleep: OK · Health: OK · Stress: poor · Energy: OK		
7:45 AM	Yogurt, Blueberry, Honey, Coffee	Fatigue 4/10 Bristol 4
1:00 PM	Bread, Ham, Mozzarella, Lettuce, Cucumber, Almonds	
7:15 PM	Chicken, Potato, Carrot, Olive Oil	Stressful Event
Wed, Sep 30 Sleep: OK · Health: poor · Stress: poor · Energy: poor		
7:45 AM	Yogurt, Blueberry, Honey, Coffee	Fatigue 5/10 Headache 2/10
1:00 PM	Chickpeas, Lentils, Onion, Garlic, Cucumber	Bloating 6/10
7:15 PM	Tuna, Rice, Avocado, Cucumber	Exercise Stressful Event

6 Methodology

How data is collected and measured

NUMERIC RATING SCALE (NRS)

Symptoms are rated by the person on an 11-point numeric scale, from 0 (none) to 10 (the worst they can imagine). The charts show the highest rating logged each day.

0	None
1–3	Mild
4–6	Moderate
7–10	Severe

WHAT STANDS OUT

A symptom's worst days are those rated 6 or more (at least 3 are needed). For each ingredient, the report counts the worst days on which it was logged in the 24 hours before the first such reading, and compares that with how often it was logged on any day. It names the strongest match: on at least 60% of the worst days, at least 1.6 times as often as usual, and with the most worst days beyond what its usual frequency would give. Ingredients always logged together are named together; other ingredients in the same window on at least 80% of those days are listed after it.

CLINICAL DISCLAIMER

This report is for informational purposes only and does not constitute medical advice.

The associations on page one compare days within this diary only. They do not account for amounts, foods eaten together or other causes, and they are not a diagnosis.

EXPOSURE MEASUREMENT

Bites are the app's measure of how much of a compound the logged ingredients carry. Each ingredient adds its grade: low 0.25, moderate 0.5, high 0.75, very high 1. A day's bites are the sum; the table shows the average a day and the highest day. Each compound is graded on its own, so a group is not the sum of its members. Bites describe what was eaten, not a reaction to it.

DATA COLLECTION

Everything in this report was logged by the person in the Triggerbites app, by text, voice or photo. The app identifies the ingredients in what was described. Symptoms, stool type, day ratings, lifestyle tags and medications are shown as logged.

Stool uses the Bristol scale, grouped in the Rome IV bands: 1–2 hard, 3–5, 6–7 loose. "Mostly ..." for a day rating is the rounded average of the days it was logged.