

Digestive Health Diary



Our handy weekly Digestive Health Diary makes it easy for you to keep a tab of all the essential information you need to monitor your diet and the functioning of your bowels. Just go to www.constipationadvice.co.uk and print it off for however many weeks you wish for a complete, at-a-glance overview of what goes into your digestive system and how well it is working. You'll then have a valuable record to help you to achieve that digestive health make-over – or you can take it to your GP during your next visit.

How to use it

Using the Digestive Health Diary is simple. There are seven categories which you fill out every day of the week. In the first two columns, enter your fibre and liquid intake in grams and millilitres respectively. This will show you if you are getting enough of these all-important ingredients in your weekly diet. In the last row, you will see the target amounts you should aim for.

In the next column, enter the units of alcohol you consume. While a little

now and then is generally harmless, it is best to keep your alcohol intake at a low to moderate level. Alcohol is a diuretic and can therefore affect the amount of fluid your body retains.

You can assess your bowel regularity in the column by entering the number of times you expel solid waste. This may help your GP assess your digestive health and can be useful in determining if and what treatment is necessary.

Constipation does not affect you just physically – it can take its toll on your mood, too. Map your mood using the mood rating column. One is lowest; 10 indicates when you feel perfectly happy. This will allow you to correlate your mood to your inner health.

Finally, you can monitor any other changes you experience in the last 'General Comments' column. Jot down anything you experience which you feel is relevant, such as headaches, changes to complexion, and fatigue.

So, use the Digestive Health Diary now, to monitor and record your habits and help keep your digestive health in harmony.



Help restore your digestive system's inner health with Senokot Hi-Fibre.



Digestive Health Diary

	Date	Fibre intake*	Liquid intake	Alcohol intake	Bowel regularity	Mood rating (1-10)	General comments (please note any changes you experience, e.g. headache)
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
TOTAL							
TARGET		126g	14l	2 units/day for female, 3 for male	***	>7=ideal	

*See fibre table. ***Bowel activity varies from person to person. Please monitor any changes to your normal rhythm.

Food Fibre Content Table

Food description	Portion Size	Dietary Fibre (g)	Equivalent amount to obtain recommended minimum 18g/day of fibre
White bread	1 slice (36g)	0.5	36 slices
Wholemeal bread	1 slice (36g)	2.1	8.5 slices
Bran breakfast cereal	40g bowl	9.8	2 bowls
Low-calorie cereal	30g bowl	0.6	30 bowls
Apple	1 apple (100g)	1.8	10 apples
Figs	4 figs (60g)	4.1	4 figs
Jacket potato	1 potato (180g)	4.9	3.5 jacket potatoes
Peas	70g	3.6	5 servings
Carrots	60g	1.5	12 servings
Wholemeal spaghetti	220g	7.7	2.5 servings
White spaghetti	220g	2.6	7 servings
Chicken curry	260g	3.4	5 servings

3 steps to maintaining your digestive health:

- 1 Regular exercise
- 2 High fibre intake
- 3 Plenty of fluids

For tips and advice on maintaining digestive health, visit

ConstipationAdvice.co.uk

Always read the label, and ask your pharmacist for advice.

Senokot Hi-Fibre contains Ispaghula husk - easing your constipation to help restore your digestive system's inner health.