Ulcerative Colitis Food and Flare-Up Tracker

There isn't a universally agreed-upon diet for ulcerative colitis. However, avoiding high fiber foods, fatty meats, and dairy products during a flare-up may help ease symptoms. You can use this tracker to better understand how certain foods may affect your symptoms.

Week of: _____

Monday

FOODS	SYMPTOMS

Tuesday

FOODS	SYMPTOMS

Wednesday

FOODS	SYMPTOMS

Thursday

FOODS	SYMPTOMS

Friday

FOODS	SYMPTOMS

Saturday

FOODS	SYMPTOMS

Sunday

FOODS	SYMPTOMS