

Meals and what followed

Food reactions are easy to over-attribute from memory. Log every meal for three days, note the delay before symptoms, and only suspect a food that repeats.

NAME

SYMPTOMS I AM WATCHING

SEVERITY	0	None Not present today	1	Noticeable Aware of it, can still do things	2	Limits Interferes with some activities	3	Stops Prevents most or all activities

DAY 1 · DATE _____

TIME	FOOD OR DRINK main ingredients matter more than the dish name	SYMPTOMS	DELAY minutes / hours	0-3	NOTES stress, sleep, meds, cycle

DAY 2 · DATE _____

TIME	FOOD OR DRINK main ingredients matter more than the dish name	SYMPTOMS	DELAY minutes / hours	0-3	NOTES stress, sleep, meds, cycle

DAY 3 · DATE _____

TIME	FOOD OR DRINK main ingredients matter more than the dish name	SYMPTOMS	DELAY minutes / hours	0-3	NOTES stress, sleep, meds, cycle

SUSPECTED FOOD	TIMES FOLLOWED BY SYMPTOMS	TIMES EATEN WITH NO REACTION

FOR A DIETITIAN OR CLINICIAN

Do not remove food groups on your own for long. Bring this instead.