FOOD & SYMPTOM LOG

Meals and what followed

Juno

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.