

Food Journal

Date/Time	Food Item w/Prep Method + Symptoms	Amount
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How to use this food journal:

For 2 weekdays and 1 day of the weekend, record when, what, and how much you eat. Be as specific as possible! Include all meals, snacks, and drinks.

Use consistent portion measures (ie. weight is oz. vs volume is cups/teaspoons)

Then, write down any adverse reactions that may occur.

It may take more than 3 days, but a pattern will emerge! Use this information to make diet adjustments or seek out the proper healthcare provider.

