



# Food Diary for Allergies: Monitor Food and Reactions

*Frances P Robinson*

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## **Food Diary for Allergies: Monitor Food and Reactions** Frances P Robinson

The Food Diary for Allergies is a book designed to track food intake and identify symptoms related to food allergies and their reactions. Identifying foods that trigger a negative reaction (and eliminating them) is an important step to help minimize and possibly avoid symptoms. HOW TO USE THIS BOOK The “Food and Symptom Log” is a place to record offending foods and symptoms. This section includes a column for: -Date -Food (consumed) -Symptoms and Rate: (Rating based on a 1-10 scale. (1 represents mild symptoms and graduates to 10 for most severe.) Enter appropriate number in this box. Information from the “Daily Record” page (with symptoms) should be transferred to the Food and Symptom Log for a quick overview of offending foods and symptoms. On “Daily Record” page write in date and complete the following: -Time or Meal (Breakfast, Lunch, Dinner or Snack) -Food or Drink Consumed -Yes or No (Check correct box if food did or did not cause symptoms) -List foods that may be causing a problem (In this section write details if you think a certain food caused symptoms and describe. If symptoms did occur, transfer this info to the Food and Symptom Log in front of book.) -Notes: (Other details you may want to track or note.) -Stress Level Today (Check if stress level was Mild, Average or Severe) The Food Diary for Allergies contains enough pages to track food and reactions for 90 days.

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Spent a free time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their particular friends. Usually they performing activity like watching television, going to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could be reading a book may be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to test look for book, may be the publication untitled Food Diary for Allergies: Monitor Food and Reactions can be excellent book to read. May be it can be best activity to you.

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