Dr. Tatiana's Food Diary

The purpose of keeping a food diary is to find out which foods or drinks are causing allergic reactions, as well as which brands or restaurants might be responsible for the reactions. Foods cooked in a kitchen where gluten may be present might be problematic, while those same foods might not be any problem at all when prepared in a gluten-free environment. *Note: It's also important to be aware of personal care products, such as shampoos, deodorants, perfumes, or soaps, as those products might also be 'suspects' in tracing your allergic reactions.*

The time it takes to discover which foods are causing the problem depends on a person's dietary patterns as well as the variety of different foods being consumed. Symptoms also vary in terms of when they appear. Some can appear immediately, while others may show up 24 hours later. In addition to gluten, you might find other products problematic, such as dairy, eggs, etc.

If you suspect that your health problems are caused by intolerances to certain foods, the diary will help you isolate the problematic foods. Always be sure to check with your doctor before you start the diary. Beyond the obvious wheat, barley and rye, some people approach the detective work from the point of eliminating groups of foods like dairy or eggs. Others may prefer to start with a couple of known safe foods and add to that group other foods until they have a balanced, or reasonably varied, diet. Both approaches have implications on your health and require your doctor's advice and guidance.

The attached diary is pretty self-explanatory, with each page representing one day of the week. You may need to download several copies, until you find the problem foods. The documents can be typed on like a form, or you can print the diary and fill it out by hand. The choice is yours.

The dark green columns on the left are for the foods you eat, including meals and snacks, as well as what drinks you consume. You need to keep a note of everything you eat or drink - every day. Write down the time you consume the foods or drinks, the type of food, the brand or restaurant, and how much you ate by volume or weight. See the examples included on each page.

The light green columns on the right are for recording the symptoms you experience, and the time they occurred. Examples include changes of mood, headaches, stomach problems, dizziness, insomnia, anxiety, as well as aches, pains, itchiness or problems you experience with bowel movements. When you record the time, try to also note how long it lasted, by putting in an ending time.

After a week (or several weeks), review the entries in your diary to see if you can spot trends. You might notice that every time you eat a particular type of food, you experience a symptom within 2 to 4 hours. Obviously, the less time it takes for the symptom to appear, the easier it will be to isolate the problematic food or drink. However, sometimes a reaction takes up to 24 hours to appear, so you might have eaten other foods in that time period. If this is the case, your doctor might recommend an elimination diet to detect your food intolerance.

Good luck, and if you need to ask me a question, you can email me at Tatiana@TheGFReview.com.

SUNDAY

Date: _____

Dr. Tatiana's Allergy Diary

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Foods Eaten:	Time	Type of Food	Brand or Restaurant	Volume	*Symptoms:	Time
Example: Potatoes	*8:15 AM*	*French Fries*	*McDonald's*	*Large Bag*	*Example: Headache*	*10:15 AM*

***Symptoms you experience. This includes things like changes of mood, headaches, stomach problems, dizziness, insomnia, and so on.**

MONDAY

Date: _____

Dr. Tatiana's Allergy Diary

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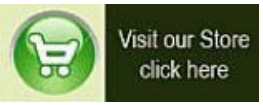

Foods Eaten:	Time	Type of Food	Brand or Restaurant	Volume	*Symptoms:	Time
Example: Potatoes	*8:15 AM*	*French Fries*	*McDonald's*	*Large Bag*	*Example: Headache*	*10:15 AM*

***Symptoms you experience. This includes things like changes of mood, headaches, stomach problems, dizziness, insomnia, and so on.**

TUESDAY

Date: _____

Dr. Tatiana's Allergy Diary

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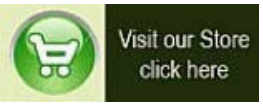

Foods Eaten:	Time	Type of Food	Brand or Restaurant	Volume	*Symptoms:	Time
Example: Potatoes	*8:15 AM*	*French Fries*	*McDonald's*	*Large Bag*	*Example: Headache*	*10:15 AM*

***Symptoms you experience. This includes things like changes of mood, headaches, stomach problems, dizziness, insomnia, and so on.**

WEDNESDAY

Date: _____

Dr. Tatiana's Allergy Diary

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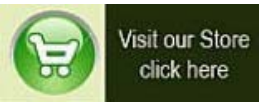

Foods Eaten:	Time	Type of Food	Brand or Restaurant	Volume	*Symptoms:	Time
Example: Potatoes	*8:15 AM*	*French Fries*	*McDonald's*	*Large Bag*	*Example: Headache*	*10:15 AM*

***Symptoms you experience. This includes things like changes of mood, headaches, stomach problems, dizziness, insomnia, and so on.**

THURSDAY

Date: _____

Dr. Tatiana's Allergy Diary

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Foods Eaten:	Time	Type of Food	Brand or Restaurant	Volume	*Symptoms:	Time
Example: Potatoes	*8:15 AM*	*French Fries*	*McDonald's*	*Large Bag*	*Example: Headache*	*10:15 AM*

***Symptoms you experience. This includes things like changes of mood, headaches, stomach problems, dizziness, insomnia, and so on.**

FRIDAY

Date: _____

Dr. Tatiana's Allergy Diary

www.TheGFReview.com

Foods Eaten:	Time	Type of Food	Brand or Restaurant	Volume	*Symptoms:	Time
Example: Potatoes	*8:15 AM*	*French Fries*	*McDonald's*	*Large Bag*	*Example: Headache*	*10:15 AM*

***Symptoms you experience. This includes things like changes of mood, headaches, stomach problems, dizziness, insomnia, and so on.**

SATURDAY

Date: _____

Dr. Tatiana's Allergy Diary

www.TheGFReview.com

Foods Eaten:	Time	Type of Food	Brand or Restaurant	Volume	*Symptoms:	Time
Example: Potatoes	*8:15 AM*	*French Fries*	*McDonald's*	*Large Bag*	*Example: Headache*	*10:15 AM*

***Symptoms you experience. This includes things like changes of mood, headaches, stomach problems, dizziness, insomnia, and so on.**