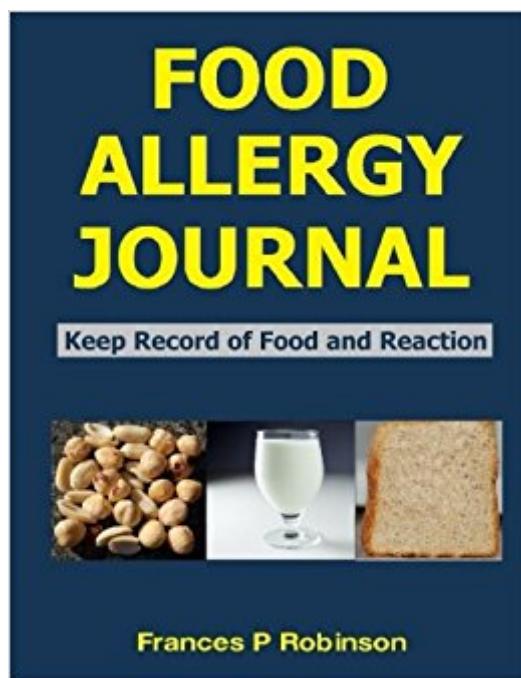


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# Food Allergy Journal: Keep Record Of Food And Reaction



## Synopsis

The Food Allergy Journal 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 the "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 Allergy Journal contains enough pages to track food and reactions for 90 days.

## Book Information

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