

**FREE**

# Food Diary

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Food Diary  
Print For Yourself Food Diary

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FREE "Print for yourself" version

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You are welcome to print pages from the Food Diary for yourself and other people. You may also copy the Food Diary and pass it on to others who may be interested.

The Food Diary may also be made available for free download from web sites other than [www.foodcanmakeyouill.co.uk](http://www.foodcanmakeyouill.co.uk) on condition that no alterations are made to the Diary and no charge is made.

If you have paid for this Food Diary please email [legalsection@foodcanmakeyouill.co.uk](mailto:legalsection@foodcanmakeyouill.co.uk) immediately with full details.

Details of other publications by Sharla Race can be found on the 'Food Can Make You Ill' web site:

[www.foodcanmakeyouill.co.uk](http://www.foodcanmakeyouill.co.uk)

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## Important Information

The Food Diary is a useful tool for helping to diagnose food intolerance problems but it is not a substitute for medical diagnosis or treatment.

Various conditions have many causes and these should be eliminated before checking for food intolerance problems - if you have any concerns about your health please consult your doctor. Any proposed changes to your diet should also be discussed with your doctor and under absolutely NO circumstances should you stop taking any form of prescribed medication without the consent of the medical practitioner who prescribed it – you could be putting your life at risk.

The Food Diary must never be used to attempt to diagnose any form of allergy. Anaphylactic reactions can, and do, kill people every year. Allergy tests must be carried out under medical supervision.

It is my hope that you will find the food diary useful but the responsibility for how you use it is completely your own.

Your health is the most precious resource you have – cherish and nurture it.

I wish you every success on your quest for good health.

Sharla Race

# Welcome to Your Food Diary

One way of finding out if you are food intolerant is to eliminate suspect foods from your diet for a number of days and then reintroduce them. As this can be quite a complex process, the Food Diary has been designed to make your life easier. It will help you keep track of all changes to your diet and health in a clear and concise way. You will also find it useful when discussing your findings with your doctor or other health care practitioner.

The use of a Food Diary is an integral part of the Seven Step Plan outlined on the [Food Can Make You Ill](#) web site and, in more detail, in the book [Change Your Diet and Change Your Life](#).

The Seven Step Plan was developed to help unravel hidden food intolerance problems - a summary of the plan is given below. A more detailed explanation can be found in the book [Change Your Diet and Change Your Life](#).

You can, of course, use the Food Diary without following the plan.

## The Seven Step Plan

- Step 1 - Decide to take some action
- Step 2 - Simplify your diet
- Step 3 - Know what you are eating
- Step 4 - Develop a strategy
- Step 5 - Eliminate suspect food(s)
- Step 6 - Test suspect food(s)
- Step 7 - Review

Each step is briefly summarized below. For full details, please see [Change Your Diet and Change Your Life](#).

## Step 1 - Decide to take some action

Before you make any changes to your diet you need to make a very clear decision that you want to get well and find the diet that works for you.

Change is never easy so sit down and write a list of the things you would like to see improve or change - physically and mentally. Then write down your feelings about food and your current diet.

Now, decide when is a good time to start.

## Step 2 - Simplify your diet

The greater the number of foods you combine in a meal, the greater the cocktail of chemicals your body has to process. If you add in manufactured chemicals such as colours and preservatives then your diet becomes even more complex. The more complicated your diet is the harder it will be to unravel any hidden problems.

Simplify your diet.

The easiest way of doing this is to eliminate all processed foods - only eat food you have prepared yourself so that you know exactly what you are eating and are taking in no food additives. This will greatly help in identifying any foods that may be causing you a problem. Maintain this diet for at least two weeks before eliminating and testing individual foods or food chemicals.

If food additives give you a problem you may find that you notice a marked improvement in your health during this time.

## Step 3 - Know what you are eating

Reactions to food do not always occur immediately after eating - it can be hours or even days later. Keeping a food diary is essential. The ins and outs of keeping a Food Diary are outlined in the section "The Food Diary Explained".

## Step 4 - Develop a strategy

Read and then read some more. Then think and think some more. Finding a place to start isn't always easy. Check out the articles in the Food Can Make You Ill [Library](#) or read [Change your Diet and Change Your Life](#). Then discuss the way forward with your doctor or other health care practitioner.

## Step 5 - Eliminate suspect food(s)

Consult your strategy and select a food or food chemical to test. Eliminate it, in all its forms, from your diet for two weeks (the length of time will vary - check more detailed information in the [Library](#) or in [Change your Diet and Change Your Life](#)).

You need to be very organized and plan your meals ahead so that you do not find yourself tempted to eat your more usual foods.

## Step 6 - Test suspect food(s)

Reintroduce the suspect food and monitor your reactions. If you have an unwanted reaction then eliminate the food from your diet (the process is a little more complex for food chemicals such as Salicylate) - you can always re-test later. Do not attempt to eliminate/test another food for at least four days - longer if you have had a negative reaction. When you are ready, move onto eliminating and testing another food or food chemical.

### **CAUTION**

Reintroducing a suspect food into your diet can lead to severe reactions. If you have any concerns about this stage talk to your doctor BEFORE you reintroduce the food.

## Step 7 – Review

At the end of each week, review your Food Diary and see what you have learned. Keep a note of all the foods you have found to be safe, definitely not okay, and those that are suspect. Discuss the findings with your doctor.

[Change Your Diet and Change Your Life](#) contains full details of:

- Each of the steps
- How to proceed
- What to expect
- How to avoid suspect foods
- Details of natural food chemicals (such as Salicylate) and the foods they are found in
- Lists of the main food additives that cause problems
- And much, much, more...

Be good to yourself and buy a copy today.

[Change Your Diet and Change Your Life](#)

# The Food Diary Explained

Below you will find a detailed explanation of how to use each of the Food Diary pages.

This version is a "print for yourself version". To keep the file small and convenient to use, only one page of each of the main Food Diary pages has been included - you can, of course, print each page as many times as you need. The food diary pages have a wider left hand margin for binding purposes.

The easiest way of printing the pages is to scroll down to the page that you want to print. Click on PRINT and select PRINT THE CURRENT PAGE.

## The Title Page

Print a single page and fill in the details.

## Background Information

The title of this page is "My reasons for starting this Food Diary are". List, in detail, your reasons for starting a Food Diary. Mention any health concerns you have, how you are currently feeling (both physically and mentally) and make a note of anything that has recently happened that may be relevant as you start the diary. If you need more space, continue on the back of the page.

## Main Food Diary Page

You need to print one of these pages for each day. I suggest you start with printing seven – enough for one week.

Make sure you note the day as well as the date as patterns can emerge that are linked with what you do on certain days of the week.

I suggest you use the left hand side to note the foods you eat and any medications you may take, and the right side to note how you are feeling.

See the completed example on the following page.

The words in capitals (MUESLI, FLAPJACK, HEADACHE PILLS, CHOCOLATE, VITAMIN E) are all complex products i.e. they contain more than one ingredient. To spare you the effort of writing out each ingredient every time you eat the food, I have included pages for you to use as a Food Index and a Non Food Index. Use these to list the food, supplement, or medication, and all its ingredients.

The reason for including medications and supplements is quite simply that many contain binders, colours and preservatives that may cause a problem.

## Three or Four Segments

The main Food Diary Page divides the day into three segments:

- Morning
- Afternoon, and
- Evening.

If you work shifts or nights, you may find it more useful to use a diary page that divides the day into four segments:

- Midnight to 6 a.m.
- 6 a.m. to 12 noon
- Noon till 6 p.m.
- 6 p.m. till midnight

The appendix includes a Food Diary with this page layout.

## Salicylate Sensitivity

If you are testing for a Salicylate sensitivity and are using the scoring system outlined in the [Salicylate Handbook](#) simply note your score next to each Salicylate food and write the total at the end of the page.

Day and Date: Monday 20 July 2009

EXAMPLE

<p>Black Coffee (brand name)</p> <p>MUESLI with milk</p> <p>Coffee x 2 (with milk)</p> <p>Banana</p>	<p>Morning</p> <p>Bad night's sleep. Uncomfortable all over – suspect restaurant meal last night.</p> <p>Indigestion</p>
<p>Jacket Potato with butter and cottage cheese (plain)</p> <p>Salad – tomato, cucumber, iceberg lettuce, cress, spring onion.</p> <p>HEADACHE PILLS (brand name)</p> <p>Coffee x 2 (black)</p> <p>FLAPJACK (homemade)</p>	<p>Afternoon</p> <p>Felt better after lunch but energy dropped by 4 pm and I developed a terrible headache.</p>
<p>Lamb chop grilled</p> <p>Brown rice (organic) – steamed</p> <p>Stir fry veg – cabbage greens, mushrooms, bamboo shoots fried in cold pressed sunflower oil.</p> <p>VITAMIN E</p> <p>Coffee x 3</p> <p>CHOCOLATE (brand name)</p>	<p>Evening</p> <p>Mood quite low.</p> <p>Physically very tired but not sleepy.</p>

## Food Index

On the example page, the words "Muesli, Flapjack, and Chocolate" appear in block capitals. These foods all contain more than one ingredient.

Rather than listing each ingredient every time you use one of them, make a note of them on your Food Index pages - you can then refer back to the information whenever you need to. Print as many sheets as you need.

Two examples of how to complete the Food Index are shown below.

Food	Ingredients	EXAMPLE
<u>Muesli</u>	<u>Oats, toasted wheat flakes, rye flakes,</u> <u>hazelnuts, sultanas, raisins.</u> <u>[Brand Name]</u>	
<u>Chocolate</u>	<u>Milk, cane sugar, cocoa solids, soy lecithin,</u> <u>vanilla extract</u> <u>[Brand Name]</u>	

## Non Food Index

On the example page, the words "Headache Pills and Vitamin E" appear in block capitals. These all contain more than one ingredient.

Rather than listing each ingredient every time you use one of them, make a note of them on your Non Food Index pages - you can then refer back to the information whenever you need to. Print as many sheets as you need.

If you are concerned about other products that you use such as shampoos, creams, lotions, make-up, perfumes, you could note on the main food diary page what you used and list the full ingredients in the non food index page.

Two examples of how to complete the Non Food Index are shown below.

Product	Ingredients	EXAMPLE
<u>Headache Pills</u>	<u>Paracetamol, maize starch, colodial silica</u> <u>magnesium stearate, potassium sorbate.</u> <u>[Brand Name]</u>	
<u>Vitamin E</u>	<u>Vitamin E 200iu, microcrystalline cellulose,</u> <u>Hydroxypropylmethyl cellulose,</u> <u>magnesium stearatem, silicon dioxide.</u> <u>[Brand Name]</u>	

## Review Page

After each week (seven days) print and complete a review page. Make a note of any improvements and any problems and what you think may have contributed to them. Continue on the back of the sheet and additional sheets if you need more space.

Please don't skip doing this stage – it is incredibly difficult to remember the ins and outs of what happened during any particular week and if you don't keep a detailed record you could very easily miss out on vital clues as to the cause of your problems.

## Safe, NO, and Caution Foods

As you move through your testing and retesting phases you can begin to complete the final sheets. Simply make a note of the food, and its brand name if applicable,

### Safe Foods

Safe Foods are the ones you know do not give you any problems.

### NO Foods

No foods are the ones you know make you ill and should always be avoided.

### Caution Foods

CAUTION foods are the ones that you still need to test (mark these with a T) or ones that know you can eat but only in small quantities – write down why you think you can only tolerate a small amount.

Over time you may find the lists change, especially between the SAFE and CAUTION foods.

## Children

The Food Diary can be completed by a parent for a child. If your child is old enough to be involved in the process, I suggest you print two copies of the main Food Diary Page and ask your child to fill one of the copies in. This will provide you with two views of what is happening – your perception as a parent and your child's own view of what is happening. It may also have the advantage that they may make a note of 'forgotten' foods that have been eaten that day.

# FOOD DIARY

Name: \_\_\_\_\_

From: \_\_\_\_\_ To: \_\_\_\_\_



Day and Date:

Morning

Afternoon

Evening

## Food Index

List all the foods you commonly eat that contain more than one ingredient.

Food

Ingredients

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## Non Food Index

List all the medications and supplements you commonly use that contain more than one ingredient.

Product

Ingredients

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Weekly Review

From:

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Improvements:

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Problems:

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Physically I feel:

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Mentally I feel:

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Notes:

Safe Foods

Fruit

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Vegetables

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Grains, Cereals and Flour

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Milk, Cheese and Yoghurt

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Oils and Fats

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Safe Foods

Meat Fish, Poultry and Eggs

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Beans, Nuts and Seeds

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Herbs Spices and Condiments

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Sugar, Jams, Spreads, Chocolate and Sweets

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Drinks

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## Caution Foods

Fruit

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Vegetables

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Grains, Cereals and Flour

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Milk, Cheese and Yoghurt

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Oils and Fats

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## Caution Foods

Meat Fish, Poultry and Eggs

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Beans, Nuts and Seeds

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Herbs Spices and Condiments

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Sugar, Jams, Spreads, Chocolate and Sweets

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Drinks

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NO Foods

Fruit

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Vegetables

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Grains, Cereals and Flour

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Milk, Cheese and Yoghurt

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Oils and Fats

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NO Foods

Meat Fish, Poultry and Eggs

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Beans, Nuts and Seeds

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Herbs Spices and Condiments

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Sugar, Jams, Spreads, Chocolate and Sweets

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Drinks

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# Appendix

This appendix contains the main Food Diary Page divided into four time segments.

Day and Date:

	Midnight to 6 a.m.
	6 a.m. to noon
	Noon to 6 p.m.
	6 p.m. to Midnight

## Further Information

For more information on Food Intolerance issues:

[www.foodcanmakeyouill.co.uk](http://www.foodcanmakeyouill.co.uk)

For information on Salicylate sensitivity

<http://www.foodcanmakeyouill.co.uk/salicylate/index.html>

Other books by the Sharla Race, the author of this Food Diary, include:

[Change Your Diet and Change Your Life](#)

[The Salicylate Handbook](#)

[Tartrazine](#)

[Migraine and Food Intolerance](#)

[Antioxidants](#): The truth about BHA, BHT, TBHQ and other antioxidants used as food additives.

[Chocolate, Cocoa and Health](#)

Full details of the books can be found on the [Food Can Make You Ill](#) website.