

Food and symptoms diary

Keeping a diary of food and symptoms may help you find out which foods you react to. Include the amount of food you eat as well as how long any reactions last.

You may get symptoms up to a day after you eat the food. You could share your diary with your dietitian or healthcare team, who can give you advice.

Date and time	Food, drinks and medicine taken	How much?	What was the symptom or reaction?	How long did it last?

