



Food Log for Food Allergies/Intolerances

- ◇ Try to be as specific as possible (i.e. amounts, types of oils used, spices used, garnishes)
- ◇ Keep track of any symptoms and highlight/circle any possible allergen/intolerance-causing foods

Date:	Symptoms (explain in detail, with time)
Breakfast (Time:)	
Snack (Time:)	
Lunch (Time:)	
Snack (Time:)	
Dinner (Time:)	
Snack (Time:)	
Date:	Symptoms (explain in detail, with time)
Breakfast (Time:)	
Snack (Time:)	
Lunch (Time:)	
Snack (Time:)	
Dinner (Time:)	
Snack (Time:)	