

Six Week Food Diary

Helping You Identify
Food Intolerance

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Six Week Food Diary - Free Print For Yourself Version.
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Six Week Food Diary:
Helping You Identify Food Intolerance

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Information on Food Intolerance:
www.foodcanmakeyouill.com

Important Information

The **Food Diary** is a useful tool for helping to identify 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 identify any form of allergy. Anaphylactic reactions caused by allergies can, and do, kill people every year. Allergy tests must always be carried out under medical supervision. If you suspect an allergy talk to your doctor and arrange to have any testing done under medical supervision.

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

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

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

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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 *Food Can Make You Ill* web site: www.foodcanmakeyouill.com
Change Your Diet and Change Your Life is available, in paperback, from most booksellers and as an ebook from Amazon and Smashwords (www.smashwords.com).

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 you are going 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 as few food additives as possible. 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.

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 on the *Food Can Make You Ill* site or read *Change your Diet and Change Your Life*. Then discuss the way forward with your doctor.

Step 5 - Eliminate suspect food(s)

Consult your strategy and select a food to test.

Eliminate it, in all its forms, from your diet for at least seven days (the length of time will vary depending on what food you are testing).

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.

If you are testing for a food chemical sensitivity such as salicylate please follow the guidelines given to you by your health care practitioner or read the relevant section in *Change Your Diet*. Full details on Salicylate Sensitivity can be found in the *Salicylate Handbook*.

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 — 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. Even if you have no concerns, test when some else is with you just in case there is a problem that requires medical attention.

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...

Available in paperback from Amazon, the Book Depository, other online stores and from your local bookshop.

Available in various ebook formats including epub from Smashwords, and for kindle on Amazon.

Food Can Make You Ill

www.foodcanmakeyouill.com

Contains free information on food intolerance and food allergy.

The Food Diary Explained

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

Background Information

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.

Main Food Diary Pages

At the top of each page, 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 or supplements you may take, and the right side to note how you are feeling physically and mentally. See the completed example on the following page.

The words in capital letters — MUESLI, CHOCOLATE, DIET COLA, GINGER OAT BISCUITS, HEADACHE PILLS, VITAMIN E, ZEES CARAMEL ICE CREAM — 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, there are pages at the back of the diary that you can use to list all the ingredients in products you use on a regular basis – these are called FOOD INDEX and NON FOOD INDEX pages.

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.

Week 1 EXAMPLE

Monday 21 August 2017

Day 1

Midnight to 6 am

	<i>My usual indigestion but the most difficult thing to deal with is the rash on my arms - it hurts all the time and the itching is severe and painful.</i>
<i>Water</i>	<i>Restless Night</i>

6 am to noon

<i>Black Coffee (Brand Name)</i>	<i>Awoke feeling 'flat' and a little miserable.</i>
<i>MUESLI with semi skim. milk</i>	<i>Felt better after eating</i>
<i>Latte (Coffee Shop Name)</i>	
	<i>Indigestion returned</i>
<i>CHOCOLATE (Brand X)</i>	
	<i>Start of a Headache</i>

Week 1 EXAMPLE

Monday 21 August 2017

Day 1

Noon to 6pm

<i>Lunch - Cheese cubes (milk, salt), rye crackers (rye flour, salt), honeydew melon slices</i>	
<i>DIET COLA</i>	<i>Stomach feels easier</i>
<i>GINGER OAT BISCUITS</i>	
<i>Black Coffee</i>	
	<i>Headache</i>
<i>HEADACHE PILLS</i>	
	<i>Feeling drained and as if I've no energy -</i>
<i>DIET COLA</i>	<i>nothing left to give.</i>

6 pm to midnight

<i>Penne Pasta (Durum wheat semolina)</i>	
<i>Sauce made from tinned tomatoes (toms, citric acid), salt, black pepper, onion, garlic, dried oregano, dried basil.</i>	
<i>Baby Leaf Salad - Baby spinach, baby green lettuce, baby red lettuce, chard.</i>	
<i>Red wine (brand name)</i>	
<i>VITAMIN E</i>	
	<i>Dozed in front of the tv but then was wide awake -</i>
<i>Black Coffee x 2</i>	<i>felt all twitchy.</i>
<i>ZEES CARAMEL ICE CREAM</i>	

Weekly Review

At the end of each week there is a **Review** page that gives you a chance to reflect back over the week and note any changes – good or bad.

Food Index

List any foods or drinks you consume on a regular basis here so you don't have to write out all the ingredients each time. See the examples below.

CHOCOLATE Brand X

Raw Cane Sugar, Whole Milk Powder, Cocoa Mass,
Cocoa Butter, Salted Caramel Pieces (Raw Cane Sugar
Glucose Syrup, Butter, Palm Oil, Sea Salt, Molasses,
Natural Flavouring), Soya Lecithin, Vanilla Extract.

GINGER OAT BISCUITS

Oats, Wheat Flour (Wheat, Ascorbic Acid, Calcium,
Iron, Niacin, Thiamin), Sugar, Palm Oil, Wholemeal
Wheat Flour, Stem Ginger (Stem Ginger, Sugar), Barley
Malt Extract, Ginger Powder, Sodium Bicarbonate,
Ammonium Bicarbonate, Salt.

Please remember that the more complex your diet is the harder it is to identify food intolerance problems. So, hopefully none of your foods will be as complex as the two above. Please don't despair if they are – use the **Food Index** pages to explore and understand exactly what you are eating.

Non Food Index

On the example pages, 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.

HEADACHE PILLS

Paracetamol, pregelatinised maize starch, sodium metabisulfite (E223), magnesium stearate.

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.

Safe, Caution, and NO Foods

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

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

NO Foods are the ones you know make you ill and should always be avoided.

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.

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Food Diary

Name: _____

From: _____ To: _____

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Week 1 Review

Improvements

Problems

Physically I feel

Mentally I feel

Notes

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Week 2 Review

Improvements

Problems

Physically I feel

Mentally I feel

Notes

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Week 3 Review

Improvements

Problems

Physically I feel

Mentally I feel

Notes

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Week 4 Review

Improvements

Problems

Physically I feel

Mentally I feel

Notes

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Week 5 Review

Improvements

Problems

Physically I feel

Mentally I feel

Notes

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Week 6 Review

Improvements

Problems

Physically I feel

Mentally I feel

Notes

Safe Foods

Fruit

Vegetables

Cereals, Grains, Flour

Milk, Cheese, Yoghurt

Oils

Safe Foods

Meat, Fish, Poultry, Eggs

Beans, Nuts, Seeds

Herbs, Spices, Condiments

Sugar, Jams, Sweets, Chocolate, Confectionery

Drinks

Cautious Foods

Fruit

Vegetables

Cereals, Grains, Flour

Milk, Cheese, Yoghurt

Oils

Caution Foods

Meat, Fish, Poultry, Eggs

Beans, Nuts, Seeds

Herbs, Spices, Condiments

Sugar, Jams, Sweets, Chocolate, Confectionery

Drinks

NO Foods

Fruit

Vegetables

Cereals, Grains, Flour

Milk, Cheese, Yoghurt

Oils

NO Foods

Meat, Fish, Poultry, Eggs

Beans, Nuts, Seeds

Herbs, Spices, Condiments

Sugar, Jams, Sweets, Chocolate, Confectionery

Drinks

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Food Index

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

Food

Ingredients

Non-Food Index

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

Product

Ingredients
