Food Sensitivity Diary Template

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About this diary

This food diary template has been designed to help you to identify and rule out foods that may be causing digestive problems and associated health issues.

Use this template to track what you eat and drink each day and monitor your symptoms. This is an effective way to determine what foods may be triggering unwanted symptoms, so you can eliminate that 'trigger' food (or drink) from your diet. This will help your digestive system to heal, become stronger overtime and ultimately make you feel good once again! Feel free to alter the template to address your needs. Also, you can use this template to track your progress overtime.

Note: the **FODMAP diet** is an effective food elimination diet. This diet was created by a team of Australian gastroenterologists who identified 3 specific groups of carbohydrates which are poorly tolerated by people with IBS. They developed a simple 3 step diet based on their research to help manage the symptoms. You can try this diet to detect which food or food groups may be affecting you. Download the Monash University FODMP Diet app for more information.

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Did you Know?

- According to Monash University in Melbourne, 15% of the world's population (or 1 in 7 people) is affected by IBS.
- This is a very uncomfortable condition that affects a lot of people. It's usually not serious, but it is chronic and it can be quite debilitating. Symptoms include lower abdominal pain and discomfort, constipation, diarrhea, nausea and mucus in the stools.
- Monash University defines FODMAPs as being 'a group of sugars that are not completely digested or absorbed in our intestines. When FODMAPs reach the small intestine, they move slowly, attracting water. When they pass into the large intestine, FODMAPs are fermented by gut bacteria, producing gas as a result. The extra gas and water cause the intestinal wall to stretch and expand. Because people with IBS have a highly sensitive gut, 'stretching' the intestinal wall causes exaggerated sensations of pain and discomfort'.

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What are common food allergies?

- Common triggers are wheat, diary, tree nuts, shellfish, fish, eggs and soybeans.

What are the benefits of keeping a food diary?

- You can share it with your doctor or dietician to help make better informed decisions about your health.
- It can be a useful tool for you to use to monitor symptoms over time.
- It may help to decide whether you need medication and if so, the right dosage.

What type of information is useful to record?

- The severity of symptoms experienced (severe, moderate, mild) or if you don't have any symptoms, it's also good practice to note it down.
- It's useful to note the length of time you experience the symptoms, eg. 'After 15 minutes of eating milk chocolate, I broke out in hives'.

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What other useful information should be noted?

- Any contact with animals, pollen, fresh paint, mould and latex.
- If you were treated in hospital or a clinic and what kind of treatment was provided.
- Medication taken to alleviate symptoms including dosage and whether it was effective.
- Physical activities like running or training at the gym.
- Stressful events like preparing for a big event or sitting for an exam.
- Weather, eg. Pollen, seasonal weather, smoky air, fog.
- Consumption of alcohol, drugs and smoking.
- Symptoms or reactions like an asthma attack, difficulty breathing, hives, itching, menstrual cycle, and the like.

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My Food Diary...

Date	Symptoms	Food - Breakfast	Food - Lunch	Food - Dinner	Drink	Medication	Other Important Things to Note
12 November 2021	Headache and nauseous (severe, 4 hours) (AM)	Weet-Bix with almond milk	Chicken salad with balsamic vinegar	Meatballs with brown rice and veggies	Tea (no sugar), Coffee (no sugar), Water	2 nurofen tablets	Stressful day at work, big presentation

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Outcomes...

1. I've been feeling better after removing (food) from my diet since (date).
2. I've lost (kilos) after starting this diet since (date).
3. My skin is clearer and healthier-looking.
4. I have more energy and feel more positive about life.
5. I have less headaches and feel less nauseous.
6. I have regular bowel movements and I'm less bloated.
7. I take less medication (record dosage change).
8. I can focus better and I'm more alert.
9. I complete more tasks in my day.
10. I am more social.

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