

# FOOD DIARY

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

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

## WELCOME TO YOUR FOOD DIARY

Are you food intolerant? The only way of finding out is to eliminate suspect foods and then test them. This 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 practitioner.

This version is a "print for yourself version". To keep the file small and convenient to use, only one page of each type has been included - you can, of course, print this as many times as you need. Each page has a wider left hand margin for binding purposes. The diary is divided into three sections:

- ♦ **Welcome and Introduction** - including an explanation of how to make the best use of the diary.
- ♦ **Food Diary** - you need to print a complete page for each day of the week. A review sheet should also be printed and completed at the end of each week.
- ♦ **Food Lists** - these pages are for you to list the ingredients of more complex foods and to keep a record of which foods are safe for you and which are not.

Please do remember that illness can have many causes and that before embarking on any form of food testing you should seek medical advice first.

You can find information on food intolerance at the food can make you ill web site:

<http://www.foodcanmakeyouill.co.uk>

I wish you every success on your quest for health.  
Sharla Race

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DAY and DATE: *Monday 8/5/00*

**EXAMPLE**

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**Midnight to 6 a.m.**

*Restless night*

*Woke with headache - suspect too much coffee*

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**6 a.m. to 12 noon**

*MUESLI*

*Milk*

*OK but totally ran out of steam by 11 - very hungry*

*Black coffee x 4*

*Headache cleared*

*CRISPS - plain*

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**Noon till 6 p.m.**

*Jacket potato with butter and cottage cheese  
Salad - lettuce, tomato, cress, chives.*

*Felt better after lunch but*

*energy dropped by 4 p.m. -*

*Mineral water  
Coffee black x 4*

*Return of headache - definitely not stress as today has been a lovely day out*

*Apple  
FLAPJACK*

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**6 p.m. till midnight**

*Lamb chops - grilled  
Brown rice - boiled  
Stir fry veg - greens, mushrooms,  
bamboo shoots fried in  
cold pressed sunflower oil*

*Very restless and tired but not sleepy. Aching legs.*

*Banana  
Tea - black x 3*

*Trying tea rather than coffee on an evening*

*HEADACHE PILLS*

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## FOOD DIARY - INSTRUCTIONS FOR USE

1. Each day complete a page of the main food diary - see example above. 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.

The words in capitals (MUESLI, CRISPS, FLAPJACK, HEADACHE PILLS) are all complex products i.e. they contain more than one ingredient. To spare you the effort of writing out each ingredient, I have included pages for you to use as a Food Index. Use these to list the food, or medication, and all its ingredients - you can then refer back when you need to.

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

2. At the end of each week complete the review page for that week. Don't skip this step - it is so easy to think you will remember how you felt etc... but as time passes you will forget. It is a useful exercise as, over time, you will be able to clearly see how you are progressing.
3. As you move through your testing and retesting phases you can begin to complete the final sheets by listing your safe, caution and no foods. These will provide a useful reference guide for you (and others).

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

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.

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

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

GOOD LUCK

FURTHER INFORMATION ON FOOD INTOLERANCE  
CAN BE FOUND ON THE  
FOOD CAN MAKE YOU ILL WEB SITE

<http://www.foodcanmakeyouill.co.uk>

You can also buy books, including the book  
Change Your Diet and Change Your Life

Your comments and feedback on this food diary are most welcome:  
you can e-mail me at

[sharla@foodcanmakeyouill.co.uk](mailto:sharla@foodcanmakeyouill.co.uk)

or write to me care of Tigmor Press (address on first page).

**MAIN FOOD DIARY PAGE**

**PRINT ONE COPY FOR EACH DAY**

**DAY and DATE:**

Midnight to 6 a.m.

6 a.m. to 12 noon

Noon till 6 p.m.

6 p.m. till midnight

**AFTER EACH WEEK (SEVEN DAYS)  
PRINT, AND COMPLETE A REVIEW  
PAGE.**

# REVIEW

**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:** \_\_\_\_\_

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**FOR YOUR LIST OF COMPLEX FOODS,  
PRINT AS MANY FOOD INDEX PAGES AS  
YOU NEED.**

**EXAMPLE:**

**MUESLI**

**Oats, wheat flakes, hazelnuts, coconut, raisins,  
banana chips.**

## FOOD INDEX

List all the foods you commonly eat that contain one or more ingredients.

FOOD

INGREDIENTS

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**TO HELP YOU KEEP TRACK OF WHICH  
FOODS ARE SAFE FOR YOU AND WHICH  
ARE NOT THERE ARE SOME  
ADDITIONAL LISTS FOR YOU TO PRINT  
AND COMPLETE.**

**SAFE FOODS**

**FRUIT**

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**VEGETABLES and PULSES**

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**NUTS and SEEDS**

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**GRAINS**

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**DAIRY**

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## NO FOODS

### FRUIT

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### VEGETABLES and PULSES

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### NUTS and SEEDS

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### GRAINS

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### DAIRY

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# CAUTION FOODS

## FRUIT

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## VEGETABLES and PULSES

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## NUTS and SEEDS

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## GRAINS

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## DAIRY

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**This completes the print only version of the food diary.**  
**If you have any comments or queries please write to me at**  
**[sharla@foodcanmakeyouill.co.uk](mailto:sharla@foodcanmakeyouill.co.uk)**