

Food Journal

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Use this form for a week or longer to learn which foods help and which ones might be quietly disagreeing with you or your kids. We often blame symptoms on circumstances, but it may be the foods we're eating!

Date	Time	Glasses of water	Foods & drinks	Symptoms or mood changes (up to as many as 72 hours following)

LOOK FOR:
 difficulty breathing
 congestion
 wheezing
 inflammation
 joint or muscle pain
 aggressive behavior
 tantrums
 hyperactivity
 non-stop talking
 difficulty concentrating
 depression
 anger
 headaches
 skin issues
 digestive issues
 itchiness
 sneezing
 difficulty swallowing
 flushing
 runny nose

*Note this is not a complete list and symptoms may not be related to foods, but they might! Look for patterns. Consult with your doctor.