Digested
eating healthier
made easier 3 ways

Food Journal

digestedbook.com

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.