



# Diet Diary



Start tracking your little one's food intake throughout the week, noting any symptoms and scoring them on a scale of 1-5, with 5 being most serious. Certain symptoms, including digestive discomfort, rashes, and chronic congestion can be triggered by food sensitivity. The most common food triggers include cow milk, soy, gluten, and eggs.

Day	Breakfast	Snack	Lunch	Snack	Dinner	Drinks	Symptom/Intensity*
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							