

Food Introduction Symptom Log

Principles of food introduction:

1. Choose high quality foods
2. Choose whole foods
3. Provide nutrient-dense foods
4. Select easy-to-digest foods

Symptoms* to watch for:

- Eczema
- Gas
- Dark circles under eyes
- Vomiting
- Hives
- Unusual fatigue
- Swelling
- Runny nose
- Diarrhea
- Fussiness
- Blood in stool

| Date | New Food | Watch for Symptoms* | | | | Symptoms Notes |
|------|----------|---------------------|-------|-------|-------|----------------|
| | | Day 1 | Day 2 | Day 3 | Day 4 | |
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*Introduce one new food each 3-5 days, keeping an eye out for potential food-related reactions. Symptoms list is not exhaustive. If your little one has a severe reaction, please contact your health professional.