

FOOD AND SKINCARE SYMPTOMS DIARY



Help ascertain which foods/skincare cause adverse reactions by accurately recording the times and duration of all symptoms, illness, or stress, as well as everything you eat, drink and use on the face or body. This includes all prescribed medicines and other supplements and snacks.

This record diary should be continued for 2 weeks and should be representative of your normal diet/skincare routine. Use a new page each day. Ideally, it should be analysed by a registered dietician, doctor or nurse with nutritional training. It is helpful to keep food and skincare packaging for reference by the health professional.

Date	Time	Food Eaten / Drink Taken / Skincare Used	Quantity	Symptoms Experienced (including exercise, stress, heat, other illness)	Time and Duration of Symptoms