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Food Diary



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Introduction:

I've created this food diary to deepen the understanding of your relationships between the foods you are putting into your body and how they are making you feel. Using a food diary is a personalised way of discovering any symptom triggers that you may not have been aware of in order to reduce your symptoms and improve your quality of life.

Instructions:

1. Print out this food diary so that you can record everything you eat and drink along with your symptoms. You should print a new copy weekly in order to gather as much personalised data as possible.
2. Record any additional factors that may be influencing your symptoms including sleep, exercise, supplements, meal times, exceptional circumstances and any additional notes that might be unique to your day.
3. Each day, rate your symptom severity out of 10 (with 1 being symptom-free and 10 being the worst your symptoms can get).
4. Once you have gathered enough data, revisit the days where your symptom severity was a 3 or below to begin replicating your dietary and lifestyle choices from those days. Additionally, revisit the days when your symptom severity was exceptionally high (8 or above) in order to look for patterns in your dietary and lifestyle choices that may be triggering your symptoms and should be avoided going forward.

Your histamine intolerance expert,



MSc Personalized Nutrition
BSc Genetic & Molecular Biology
Personal Training Specialist
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Food Diary

(sample)

Day:	Time Awake:	Time to Bed:	Exercise: (duration, intensity, time of day)
Monday, Sept 20, 2021	7:30	11:30	45 minutes HIIT training at 8:00am

Exceptional Circumstances: (ie. high stress, lack of sleep, extra relaxed, etc.)	stress due to fight with partner
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Time of Day	Description of Food/Drink (Include Amounts)	Medications and Supplements	Description of Symptoms
Breakfast 8am	3 large eggs cooked in 1tbsp butter with 100g cooked mushrooms and 100g cooked zucchini	2 Similase digestive enzymes, 1 Natural D-hist	
Snack 11am	1 pear and a glass of milk		Mild bloating and gas
Lunch 1pm	150g chicken breast cooked in 1tsp coconut oil. 100g sweet potato	2 Similase digestive enzymes, 2 Zinc 15mg	
Snack 4pm	1 cup cream of spinach soup		Itchy, hives, headache and brain fog
Dinner 7pm	Pasta with homemade pesto (olive oil and basil only)	2 Similase digestive enzymes, 1 magnesium 300mg	Still feeling brain fog and hives have not gone from earlier
Evening 9pm	Whey protein shake (35g protein mixed with 1 glass milk)		Mild bloating and 'heavy' feeling in stomach

Overall symptom severity:
7/10

Additional Notes:



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