

Eczema Voice - Food Diary 2004

1. The only way to find out if you have a food intolerance is to keep a diary.
2. This diary has been designed to make it easy for you.
3. You should find this useful when discussing with your doctor or other health professionals
4. If this diary is for a child then please make sure that the nursery/child minder/nanny also complete the diary
5. Include any medication that is taken
6. Review the diary on a regular basis. Daily is advisable. Look back each day and add any additional information that may help. If you do not make a note of it now then the chances are that you will not be able to fill in the blanks later.
7. Complete the food diary each day. You will not have to write down each ingredient every time. Use the food index pages to note down the ingredients and then keep these for reference. This will prevent the need to have to write down ingredients each time.
Print as many index pages as you need.
8. Take copies of the diary with you when visiting friends and relatives. This way you can keep the diary up to date.
9. Each time slot has a notes section. Here you should include type of clothing, weather, any medication, anything of interest (touched a cat), sleep pattern etc.

Copy this page for each day. See an example below.

Date	Breakfast and snacks	Lunch and snacks	Dinner and snacks	Other
Food/Drink				
Eczema				
Mood				
Cream				
Sleep/Cream				
Any Comments at all e.g. environmental issues, just anything worth noting				

Example

Date	Breakfast and snacks	Lunch and snacks	Dinner and snacks	Other
20/9/2004				
Food/Drink	Weetabix and Tesco apple juice. McV Digestive and full fat milk	Ham sandwich on brown bread and marg. Fruitini yoghurt Pear. Tesco orange juice. Cuppa strawberry lollipop and quaver crisps	Asda fishfingers and beans. Fruit shoot – apple Tesco vanilla ice-cream	
Eczema	Mild/Good	Flare-up – before lunch	Mild/Good	
Mood	Good	Angry	Good	
Cream	Brand X Brand Y	Steroid and or Brand X and or Brand Y	Brand X Brand Y	
Sleep/Cream	Had a good sleep overnight, no additional creams used. Did wake up once and had Tesco orange juice	Had a sleep for one hour		
Any Comments at all e.g. environmental issues, just anything worth noting	Played with next doors cats. Washed clothes in brand x washing powder	Stressful shopping experience	Felt a bit hyper after ice-cream	

