HOW TO USE YOUR DIET DIARY

Please Read Carefully

The purpose of this daily record is twofold. First, it helps clarify what kinds of foods you eat and how much of them you consume. Often patients find it quite surprising how much of certain food types they consume without realizing it. Second, it helps to help discover which, if any, foods, medicines, beverages, or other substances my cause or contribute to your symptoms (allergies, headaches…). It is extremely important that the information you record in this diary be as accurate and as complete as possible. The relationship between what you eat and your symptoms may be very complex. For example, some foods may give delayed symptoms many hours after you eat them; other foods may cause immediate discomfort. Also, certain foods may cause symptoms on some days but not on others. Often foods you consume a lot of may be the ones causing the most problems so identifying these can lead to a starting point when doing the elimination part of testing.

Directions for keeping your diary:

1. Write down in the Diet Diary “everything that enters your mouth” for two weeks. This includes medicines, vitamins, snacks, alcoholic beverages, soft drinks, coffee, gum… as well as food.

2. List the composition of mixed dishes and combinations of foods. It is not enough to write down “ham sandwich.” You should also indicate the kind of bread, spread, and dressing (e.g., Ham sandwich, whole wheat bread, butter, mustard”).

3. List all your symptoms and always indicate exactly when the symptoms started, how long they lasted, and how severe they were. Some of the common symptoms which people experience are: running or congested nose, wheezing, shortness of breath, sneezing, cough, itching, cramps, gas, hives, headache, migraine, tired feeling, etc.

4. Don’t put off filling out the diary until the end of the day. Memory is often unreliable. Write down exactly what you eat, drink, or take in any form when you do it or as soon as possible. This particularly applies to snacks. Carry the diet diary with you in your purse or pocket.

5. Be sure to record any observation of your symptoms before each meal or snack and after a meal or snack. Please mark the time of the meals, symptoms and medications.

6. Always record any time a symptom is worse or better.
**Food Allergy/Sensitivity Assessment**

Only about 20% of food allergies manifest with traditional allergic symptoms (swelling, itching, sneezing...) and can be tested for with blood tests or skin tests. Most food allergies manifest with a variety of other vague symptoms that have defied diagnosis in past evaluations. The good news is that most food allergies are what are called "cyclical" allergies. If properly assessed and managed, most foods can be tolerated without manifesting symptoms. The most accurate way to test for these is to do a food elimination diet.

The first step is to do a 2-week food diary. This is important as it can point to possible foods or food classes, which can be the cause of symptoms. Often the foods an allergic patient eats most often (craves) is the exact food the patient must avoid!

If specific foods are identified, they can be targeted in an elimination diet. If not, specific classes should be assessed. The most common classes of foods to which people are allergic include:


There are 2 parts to testing: a) elimination and b) food challenge.

**A) FOOD ELIMINATION**: Start by eliminating a particular food or food class for one week. Testing for longer is not helpful and may confuse the result. If you are not feeling better in one week of elimination, that food is not the culprit! You MUST read labels to ensure that there are no hidden food items in your food (ex: egg whites are used to clean wine bottles so you must avoid wine if you are following an egg elimination). DO NOT eliminate all foods at once since you won't be able to tell which one is the culprit. Experiment with one food or class of food at a time. If you do not feel better or if symptoms do not improve after 7 days, you are not sensitive to that food and you should go on to the next class.

**2) FOOD CHALLENGE**: If you feel better, you should challenge yourself with the suspect food within 1 week of terminating the elimination. If you wait too long (more than one week) you risk not having a reaction or having such a slight reaction that you may miss an allergy. The longer you wait too challenge, the less like a single dose of the food will create a response if you are truly sensitive to that food.

If your symptoms return after a challenge, you are likely sensitive to that food. If this is the case, eliminate the food for 3 months and then you can reintroduce the food into your diet every 3-4 days or so. In many cases, you will need to learn how often and how much of the offending food your body can tolerate. Everyone is unique.
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<th>Lunch</th>
<th>Dinner</th>
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**DAY DIET DIARY**

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<th>Medications</th>
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</table>
Foods Containing Corn

Alcohol
Ale/beer
Bacon
Baking mixes
Baking powders
Batters for frying
Beverages (sweetened)
Bleached white flour
Breads and pastries
Cakes
Catup
Cookies
Corn flakes
Cream pies
Fritos
Frostings
Fruit (canned)
Fruit drinks
Gelatin desserts
Graham crackers
Gravies
Grits
Gum
Hominy grits
Ice cream
Jams
Jellies
Infant formula
Margarine
Meats (bologna, sausage)
Oleo
Peanut butter
Popcorn
Powdered sugar
Preserves
Puddings
Salad dressings
Soups
Soymilk
Syrups
Tortillas
Vinegar, distilled
Wine

The following ingredients may indicate the presence of corn:
Dextrose, Hydrolyzed protein, Maltose, Maltodextrin, Modified food starch

Non-Food Products Containing Corn:
Aspirin, Cough syrups, Envelopes, Gelatin capsules, Powders, Stamps, Starched clothing, Talcums, Toothpaste and Vitamins

Foods Containing Egg

Batters for frying
Bavarian cream
Bouillons
Breads
Breaded foods
Cakes
Commercial egg substitutes
Fritters
Frostings
French toast
Griddle cakes
Glazed baked goods
Hollandaise sauce
Ices
Ice cream
Icings
Macaroni
Macaroons
Malted cocoa drinks
Mayonnaise
Marshmallows
Meatloaf
Meringue
Noodles
Pasta
Pancakes
Pancake mix
Puddings
Processed meat products
Salad dressings (creamy)
Sauces
Sauces
Sour cream
Sherberts
Souffles
Spaghetti
Soups
Speciality coffee drinks
Tartar sauce
Waffles
Waffle mix
Wines (cleared with egg whites)

The following ingredients indicate the presence of eggs:
Globulin
Livitin
Lysozyme
Ovalbumin
Ovalbumin
Ovovitellin
Vitellin

These words indicate that egg may be present:
Binder
Coagulant
Emulsifier
Lecithin

A Guide to Processed Foods

This pamphlet is to be used as a guideline to help you select the appropriate foods. It is important to always check ingredient labels to be sure that you are avoiding the offending food items. One brand may contain a particular ingredient whereas another brand of the same food item may not. It is important to know that some ingredients are derived from a variety of sources. For example, lecithin may be derived from soy or eggs. Therefore, if you are in doubt about a particular product, contact the manufacturer of that product to obtain accurate information on the ingredients. If you are unable to determine the source, it would be appropriate to avoid that particular food.

Foods Containing Yeast*

Alcohol
Baker's yeast
Bakery products
Berries
Bread
Breaded fish/chicken
Brewer's yeast
Catup
Cheeses
Condiments containing vinegar
Crackers
Dried fruit
Enriched flour
Fermented products
Fortified products
Ginger ale
Holiday
Horseradish
Malted products
Mayonnaise
Mushrooms
Mustard
Olives
Pickles
Pizza
Pretzels
Relish
Root beer
Salad dressings
Sauce containing vinegar
Sauerkraut
Sour cream
Soy sauce
Stuffing mix
Truffles
Vinegars
Vitamins (some)

*Fermented products, molds and fungi must also be avoided as they are very similar to yeast.

Please note: Because so many foods unexpectedly contain yeast, you must carefully look at all labels on processed foods. Consult the above list often so you will be aware of offending foods. Keep in mind that sugars and sweets "feed" the yeast and should be avoided in order to overcome the yeast overgrowth.
Foods Containing Wheat

Ale
Baked goods
Baking mixes
Beer
Biscuits
Bouillon cubes
Breaded foods
Bran
Bulgur
Cakes
Cereals
Chowders
Couscous
Crackers
Doughnuts
Durum
Enriched flour
Farina
Flour
Frozen entrees
Gravies
Hot dogs
Ice cream
Ice cream cones
Kamut

The following ingredients may indicate the presence of wheat:

Modified food starch
Modified starch
MSG
Starch
Thickeners

Foods Containing Gluten

Ale
Baked goods containing barley,
oats, rye, wheat
Barley
Batter dipped foods
Beer
Breaded foods
Bulgur
Cereals containing barley, oats,
yeast, wheat
Couscous
Doughnuts
Durum
Enriched flour
Fatina
Flour
Graham flour
Gravy mixes
Kamut
Lager
Malt
Malt beverages
Malt extract
Malt flavoring
Malt syrup
Malt vinegar
Oat
Pasta containing barley,
rye, wheat
Rye
Sausages
Semolina
Soups
Snack foods
Spelt
Triticale
Wheat
Wheat bran
Wheat germ
Wheat starch

The following foods may contain gluten. You may need to contact
the manufacturer to confirm whether or not a product is gluten free.

Dextrin
Flavorings
Hydrolyzed vegetable/plant protein (HVP, HPP)
Luncheon meats
Modified food starch
Salad dressings
Seasonings
Starch

Foods Containing Milk

Au gratin
Bavarian cream
Bisques
Bread
Butter
Buttermilk
Butter sauces
Cakes
Candies
Cereals
Chocolate
Cocoa drink, mixtures
Chowders
Commercial mixes
Cookies
Cream
Creamed foods
Cream sauces
Cheese
Curd
Curds
Custards
Doughnuts
Fritters
Gravies
Hash

Hard sauces
Ice cream
Malt
Malted milk
Margarine
Meatloaf
Muffins
Oleo
Oxaltine
Oxaloid
Pancakes
Pie crust
Processed meats
Salad dressings
Scalloped dishes
Scrambled eggs
Sherbet
Souffles
Soups
Soup
Soy sauce
Spumoni
Tuna (canned)
Waffles
Yogurt
Zwieback

The following ingredients indicate the presence of milk:
Casein, Caseinate, Lactalbumin, Lactoglobulin, Lactose, Whey,
Whey powder

The following ingredients may indicate the presence of milk:
Caramel color, Caramel flavoring, Emulsifier, Natural flavoring.

Foods Containing Soybeans

Artificial cheese
Baby food
Candy
Cereals
Coffee substitutes
Crackers
Dry lemonade mix
Ice cream
Lecithin
Margarine
Miso
Peanut butter
Salad dressing
Sauces
Sausage
Soups
Tofu
Tempeh
Tuna (canned)
Vegetable oil
Vegetable shortening
Worcestershire sauce

The following ingredients may indicate the presence of soy:
Bulking agent
Carob
Emulsifier
Guar gum
Gum arabic
Hydrolyzed vegetable
protein (HVP)
Lecithin
MSG
Protein

Non-Food Products Containing Soybeans

Adhesives
Blankets
Body lotions and creams
Enamel paints
Fabric finishes
Fertilizer
Glycerine
Illuminating oil
Linoleum
Paper
Printing ink
Soaps
Varnish
Animal Food Families

<table>
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<tr>
<th>Billfishes</th>
<th>Cod</th>
<th>Croaker</th>
<th>Flounder</th>
<th>Herring</th>
<th>Mackeral</th>
<th>Sea bass</th>
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<td>herring</td>
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<td>bonito</td>
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<thead>
<tr>
<th>Sources of Non-Allergenic Foods</th>
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<tr>
<td>Gluten-free flours, mixes, baking supplies</td>
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<tr>
<td>1550 W. 16th Street, Suite B</td>
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<td>Gardenia, CA 90247</td>
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Each food in this list is a separate food family:
- abalone
- anchovy
- antelope
- bluefish
- carp
- catfish
- eel
- milkfish
- mullet
- orange roughy
- shark
- smelt
- snappers
- squid
- sturgeon
- tilapia
- tilefish
- whitefish

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Plant Food Families

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<thead>
<tr>
<th>Apple</th>
<th>Gooseberry</th>
<th>Lily</th>
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Each food in this list is a separate food family:
- arrowroot
- Brazil nut
- chestnut
- coffee
- elderberry
- ginseeng
- grape (raisin)
- kiwi
- licorice
- macadamia nut
- maple
- olive
- papaya
- pepper (black, white)
- pine nut
- pomegranate
- sesame
- sapota
- tamarind
- vanilla
- water chestnut

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