Elimination diet Food Diary Guidelines:

- Doing a food diary below is HIGHLY RECOMMENDED even if you are not seeing a dietitian
- Keep a food diary for 14 days
- Be Specific and list EVERYTHING including drinks and snacks and brand names
- Keep in mind that reactions can be delayed so a behaviour may be linked to two days earlier
- Rate behaviour between 1 to 5 with 5 being the worst.
- In the behaviour column write such things as...silly noises, would not use the toilet, defiant, stubborn, helpful, co-operative, tantrum for 15 minutes and apply the rating to that.
- If you are unsure, you can re-try a food but do not introduce a new one at the same time
- You need to give each food time. A dietitian can recommend the time frame for each food

Date	Time	Meal / food given	Behaviour	rating

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