

Elimination & Food Sensitivity Journal

A structured trial-and-error log to track dietary triggers, identify GI and systemic reactions, and provide data-backed evidence for gastroenterology and allergy consultations.

How to Use This Journal

You may find that certain foods trigger or worsen physical symptoms such as abdominal pain, severe cramping, nausea, diarrhea, skin flushing, or fatigue. Identifying these triggers often requires systematic trial and error.

Use this log to keep track of new foods introduced to your diet and any reactions that occur.

Food & Symptom Reaction Matrix

Date & Time Food Was Tried	Specific Food / Ingredients	Portion Size	Symptoms / Reactions (Severity 1–10, Time Onset, Duration)	Notes & Possible Triggers (e.g., GI pain, hives, fatigue flare)
Example: 10/14 - 12:30 PM	Dairy Milk (in oatmeal)	1/2 Cup	Bloating & severe cramping (7/10). Onset: 30 mins after eating.	Required heating pad; missed afternoon class.

Advocacy Tip for Dietitian & GI Appointments

"I have been using this structured food journal to log my dietary trials and physical responses. As you can see, when I reintroduce (Food/Ingredient), I experience reproducible physical symptoms within (X) hours, which suggests a food intolerance or motility issue rather than generalized functional stress."