

Food and symptom diary

One sheet per day. Write ingredients, not dish names: the sauce, the oil, the stock cube, the garlic. Record at the time, not at bedtime. Change nothing about what you eat for the first two weeks so there is something to compare.

Date

Sleep last night
hours

Stress today
1 (calm) to 5

Cycle day
if relevant

[illegible]

Symptoms often follow a meal by hours, sometimes the next day.

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When you review, look at the 24 hours before a bad day, not just the last meal. Velora does this by photo and finds the pattern for you

Weekly review

Fill this in at the end of each week from your daily sheets. The question is not "what did I eat today" but "what did my bad days have in common in the 24 hours before".

1. Mark each day's worst symptom and its severity.
2. For every day rated 3 or above, list what you ate in the 24 hours before it started, ingredients not dishes.
3. Circle anything that appears before most bad days and rarely before good ones.
4. Test one suspect at a time: remove it for two weeks, then deliberately eat it again. Symptoms returning on reintroduction is the evidence; feeling better alone is not.
5. Do not remove several foods at once. A narrow diet with no confirmed trigger is the usual outcome of doing that.
6. Breathing difficulty, swelling of lips or throat, widespread hives or faintness after eating is an emergency, not a diary entry.

DAY	WORST SYMPTOM AND SEVERITY	WHAT THE 24 HOURS BEFORE HAD IN IT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Suspects to test, one at a time

Bring these sheets to your appointment.

A GP or dietitian can do far more with four weeks of records than with a description from memory.

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Free template. No sign-up.