

# FOOD & SYMPTOMS DIARY

For suspected food allergy or use when reintroducing foods to a child's diet to monitor for reaction

NAME OF CHILD: \_\_\_\_\_ AGE: \_\_\_\_\_

MY BABY OR CHILD HAS: ECZEMA?  FOOD ALLERGY?  IF YES TO ALLERGIES LIST BELOW: \_\_\_\_\_

THEY ARE ON THE FOLLOWING MEDICATION: \_\_\_\_\_

DATE & TIME	MEAL, FOOD OR FEED CONSUMED + AMOUNT	SYMPTOMS (REFER OVERLEAF)				WHEN DID SYMPTOMS START?	HOW LONG DID THEY LAST FOR?* ANY TREATMENT NEEDED?	COMMENTS OR NOTES E.G. PHOTOGRAPHS TAKEN* OR OTHER FACTORS TEETHING, ILLNESS, SLEEP?
		DIGESTIVE	SKIN	BREATHING	BEHAVIOUR CHANGES & OTHER SYMPTOMS			

\*Photos of skin rashes, skin changes, eczema changes, nappies/stools or videos of feeds can be helpful for health professionals to help understand symptoms

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## A food and symptom diary can be a really helpful way to support diagnosis of food allergy in babies and children.

It can be especially useful when symptoms may be unclear, and it becomes difficult to get to grips with what reactions to food your child may be having.

For children with suspected non-IgE (delayed type) food allergy where testing is unlikely to be helpful with diagnosis, using a food and symptom diary alongside a thorough look at your child's allergy history can be a very supportive tool to take along to your appointment with a health professional.

### TOP TIPS:

- Write down what your child has eaten or drank at each meal or feed, not what was offered
- Avoid making any significant changes to what you're offering your child whilst completing a food & symptom diary, unless medically advised to do so – you want to capture accurately the symptoms you are concerned about. For any red flag symptoms as below please seek immediate medical attention
- Provide as much detail as possible – this can help with diagnosis, and may help prompt you if a health professional is asking questions.

\*Photos of skin rashes, skin changes, eczema changes, nappies/stools or videos of feeds can be helpful for health professionals to help understand symptoms

Here you can find a list of **common immediate type** or **delayed type** allergic symptoms for each group listed in the diary columns.  
**Symptoms in red need immediate attention. If you have any concerns about potential food reactions please seek medical attention:**

	IMMEDIATE (WITHIN 2 HOURS)	DELAYED (2-72 HOURS)	
<b>DIGESTIVE</b>	Vomiting (may be projectile)	Constipation – may be soft poo e.g straining to pass a soft poo or diarrhoea, loose watery poo	
	Diarrhoea	Colic or excessive wind – uncomfortable when passing	
	Abdominal/ tummy pain or discomfort	Blood and/or mucus in poo	Delayed breathing or respiratory symptoms are not common, although some parents describe a persisting snuffiness, runny nose or congestion unrelated to other common inter current illness e.g. viral infection or cold in babies or children
		Vomiting	
		Reflux - may be persisting despite treatment	
		Abdominal pain or discomfort e.g. colicky type pain	
		Poor weight gain	
Reddening or flushing		Itching	
Sudden eczema flare	Persisting or significant eczema – dry, itchy, red, inflamed or oozing patches of skin. May not be responding to treatment		
Swelling e.g. lips, face, eyes, tongue	Non-specific rash – may come and go and not be caused by any other clear trigger		
Raised red rash/bumps – often present as wheels or hives on face & body (urticaria)			
Itching, may be of skin, lips, tongue and/or throat			

	IMMEDIATE (WITHIN 2 HOURS)	DELAYED (2-72 HOURS)
<b>BREATHING</b>	Difficulty breathing – comes on suddenly	Delayed breathing or respiratory symptoms are not common, although some parents describe a persisting snuffiness, runny nose or congestion unrelated to other common inter current illness e.g. viral infection or cold in babies or children
	New onset and/or persisting cough – comes on suddenly	
	Difficulty swallowing, sudden drooling or difficulty swallowing saliva	
	Wheezing or whistling when breathing, chest tightness	
	Itchy and/or streaming watery eyes	
	Itchy, runny nose and/or sneezing	
	Hoarse cry, voice or cough	
<b>BEHAVIOUR OR OTHER</b>	Floppy or collapse and/or pale and/or non-responsive and/or confused – seek immediate help	
	Evident immediate or persisting discomfort, distress or attention needing from caregivers (no typical of normal behaviour or development)	
	Refusal or reluctance to eat or drink, repeated refusal or rejection of certain foods	