



Mark Welch, D.O.

Ear, Nose, Throat & Allergy Center



1715 N. Lynn Riggs Blvd.
Claremore, OK 74017
(918) 341-5088

HOW TO USE YOUR DIET DIARY

Purpose of a diet diary

The purpose of this daily record is to help discover which, if any, foods, medicines, beverages, or other substances may cause or contribute to your allergic symptoms. **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 a delayed allergic reaction 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. For these reasons, it is necessary to rely on your doctor to interpret the relation of your diet to your symptoms.

Directions for keeping your diary

1. Write down in the Diet Diary "everything that enters your stomach." This includes medicines, vitamins, snacks, alcoholic beverages, soft drinks, and coffee as well as food.
2. List the composition of mixed dishes and combination 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, mustard"). Similarly, "salad" does not give enough information. The entry should list the ingredients of the salad (e.g., "salad - lettuce, tomato, carrot, peppers, artichoke, bleu-cheese dressing"). Whenever you make an entry in your diary, ask yourself, "Have I given enough information about what's in this food?"
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 allergic symptoms which people experience are: running or congested nose, wheezing, shortness of breath, sneezing, coughing, 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, at best, is often unreliable. Write down exactly what you eat, drink, or take in any form, when you do it or as soon after as possible. This particularly applies to between-meal snacks. It is a good idea to carry the diet diary with you in your purse or pocket.
5. List symptoms on a basis of 0 to 4+ to indicate the severity.
6. Be sure to record an observation of your symptoms before each meal or snack and 30 to 60 minutes after a meal or snack.
7. Always record any time a symptom is worse or better.

See Sample Diary.

KEEP DIARY FOR TWO WEEKS

	TIME	FOOD-DRINK-MEDICATIONS	TIME	SYMPTOMS (0 - 4+)
D A Y 1		BREAKFAST		
		LUNCH		
		DINNER		
D A Y 2		BREAKFAST		
		LUNCH		
		DINNER		
D A Y 3		BREAKFAST		
		LUNCH		
		DINNER		
D A Y 4		BREAKFAST		
		LUNCH		
		DINNER		

	TIME	FOOD-DRINK-MEDICATIONS	TIME	SYMPTOMS (0 - 4+)
D A Y 9		BREAKFAST		
		LUNCH		
		DINNER		
D A Y 10		BREAKFAST		
		LUNCH		
		DINNER		
D A Y 11		BREAKFAST		
		LUNCH		
		DINNER		
D A Y 12		BREAKFAST		
		LUNCH		
		DINNER		