



Educate. Support. Empower.

The FPIES Foundation
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Example Food Journal

Dates 11/13/11 - 11/15/11

DATE	TIME	FOOD	RESPONSE	NOTES
Sunday	7:00a	2oz pear puree, ¼ cup Kix	X Reflux? Times: 3p ,6p, 10p	1 st day of apple trial Mild increases in silent reflux (hiccups) with some discomfort Difficulty staying asleep, very fussy when waking
	10:00a	__ oz formula	<input type="checkbox"/> Vomiting? Times: _____	
	12:00p	1 tsp applesauce (trial), ¼ cup coconut yogurt, 10 blackberries	<input type="checkbox"/> Diaper Issues? Times: _____	
	3:00p	__ oz formula, ¼ cup corn Chex	<input type="checkbox"/> Rash/Hives? Times: _____	
	5:00p	2 Tbsp pasta, 1oz beets, 2oz lamb	<input type="checkbox"/> Behavior Changes? Times: _____	
	7:00p	__ oz formula	X Sleep Changes? Times: 8:30pm, 10pm <input type="checkbox"/> Medical Intervention?	
	7:00a		<input type="checkbox"/> Reflux? Times: _____	
	10:00a		<input type="checkbox"/> Vomiting? Times: _____	
	12:00p		<input type="checkbox"/> Diaper Issues? Times: _____	
	3:00p		<input type="checkbox"/> Rash/Hives? Times: _____	
	5:00p		<input type="checkbox"/> Behavior Changes? Times: _____	
	7:00p		<input type="checkbox"/> Sleep Changes? Times: _____ <input type="checkbox"/> Medical Intervention?	
	7:00a		<input type="checkbox"/> Reflux? Times: _____	
	10:00a		<input type="checkbox"/> Vomiting? Times: _____	
	12:00p		<input type="checkbox"/> Diaper Issues? Times: _____	
	3:00p		<input type="checkbox"/> Rash/Hives? Times: _____	
	5:00p		<input type="checkbox"/> Behavior Changes? Times: _____	
	7:00p		<input type="checkbox"/> Sleep Changes? Times: _____ <input type="checkbox"/> Medical Intervention?	