

The FPIES Foundation

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Example Food Journal

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

DATE	TIME	FOOD	RESPONSE	13/11 - 11/15/11 NOTES
Sunday	7:00a	2oz pear puree, ¼ cup Kix	X Reflux?	1st day of apple
	10.00-	(Times: 3p ,6p, 10p	trial
	10:00a	oz formula	□ Vomiting?	M:1d in augence
	12.00-	1 ton analogous (trial)	Times:	Mild increases
	12:00p	1 tsp applesauce (trial),	□ Diaper Issues?	in silent reflux
		1/4 cup coconut yogurt, 10 blackberries	Times:	(hiccups) with
	2.000	oz formula, ¼ cup corn	□ Rash/Hives?	some discomfort
	3:00p	Chex	Times: □ Behavior Changes?	disconnort
	5:00p	2 Tbsp pasta, 1oz beets,	Times:	Difficulty
	J.00p	2 rosp pasta, roz beets, 2oz lamb	X Sleep Changes?	staying asleep,
	7:00p	oz formula	Times: 8:30pm, 10pm	very fussy
	7.00p		□ Medical Intervention?	when waking
				When waking
	7:00a		□ Reflux?	
	10.00		Times:	
	10:00a		□ Vomiting?	
	12.00		Times:	
	12:00p		□ Diaper Issues?	
	2.00-		Times:	
	3:00p		□ Rash/Hives?	
	F.00		Times:	
	5:00p		☐ Behavior Changes? Times:	
	7:00p		□ Sleep Changes?	
	7.00p		Times:	
			□ Medical Intervention?	
	7:00a		□ Reflux?	
	10.00		Times:	
	10:00a		□ Vomiting?	
	12.00		Times:	
	12:00p		□ Diaper Issues?	
	2.00		Times:	
	3:00p		□ Rash/Hives?	
	5,000		Times:	
	5:00p		☐ Behavior Changes?	
	7:00p		Times:	
	7.00p		☐ Sleep Changes? Times:	
			☐ Medical Intervention?	
			in Medical Interventions	