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Often times, the foods we eat can trigger allergy symptoms. **Keeping a “food diary” may help us identify a food that could be a problem for you.** Being aware and making diet changes may help you a lot.

Use the food diary form to record what you eat each day. Include snacks, drinks, and “extras,” such as salad dressing, ketchup, butter, or sodas.

Write down the time you eat as well as any symptoms you may have. **Please bring these forms with you when you return to the office.** We will review them to determine if any foods may be triggering your symptoms.

Helpful Tips:

Please carry your food diary with you. Estimate amounts: 1 cup of corn, 6 ounce hamburger, 8 ounces of milk.

Keep your usual eating habits while keeping the diary.

Be thorough – include meals eaten out.

Write in your food diary each day – it is easier to remember.

Example:

	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Breakfast Time: 7: 00 A.M.	2 toast 1 OJ						

Food Diary - Week of _____ Patient: _____

	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Breakfast Time:							
Snack Time:							
Lunch Time:							
Snack Time:							
Dinner Time:							