Dynacare®

FOOD IGG ANTIBODY TEST REPORT 200+

18 /222
Elevated Foods tested

Name	DOB
SAMPLE REPORT Y902	05-May-1960

Ordered by	CC
NO NAME	

Collected	Reported	Accession #
25-Sep-2024	26-Sep-2024	RF-01042010

WHAT THIS REPORT MEANS TO YOU

A food IgG test detects the level of IgG antibodies (a protein produced by your immune system) against certain foods that you eat.

High level of IgG antibodies may indicate that you are sensitized by the foods in question. These foods may be the cause of unpleasant symptoms you may be experiencing.

FOOD SENSITIVITY VS. ALLERGY

Food sensitivity is not the same as a food allergy. Allergic reactions are classified as Type I hypersensitivity and involve a substance in your body called IgE antibodies, which are different from the IgG antibodies involved in food sensitivity.

Food allergies produce an immediate reaction after you eat the food (for example, peanuts and shellfish). Symptoms can include rashes, sneezing, and difficulty breathing, and can even be life threatening due to a strong response called "anaphylaxis."

IgG-mediated food sensitivity reactions are classified as Type III hypersensitivity. They can occur within hours or days after consuming the food. Symptoms may include irritable bowel syndrome, bloating, anxiety, headaches/ migraines, fatigue, asthma, joint pain, arthritis, weight problems, fibromyalgia, and itchy skin.

IN THIS REPORT

YOUR ELEVATED AND BORDERLINE RESULTS A
An IgG score above 24 U/mL indicates an elevated test result for a food or ingredient you have recently eaten.

YOUR FULL RESULTS B
Your IgG antibody levels for all 222 of the foods tested.

CHANGING WHAT YOU EAT C
If you and your health care professional decide to change your diet, plan ahead and learn how to monitor the results.

FOODS TO WATCH OUT FOR D
Foods you're sensitive to can be ingredients in many different things. These are the foods to watch out for.

NUTRIENTS CONTAINED IN THESE FOODS E
If you eliminate foods from your diet, you also eliminate the amounts of nutrients they bring. Here is a list of nutrients contained in the foods you may be sensitive to.

HOW TO REPLACE MISSING NUTRIENTS F
To make sure you're getting enough nutrients to replace the ones eliminated, look up the nutrients in this list to see what foods are common sources.

YOUR GROCERY STORE FOOD MAP G
Use this map of your foods with elevated IgG results, grouped by grocery store section to aid your food shopping.

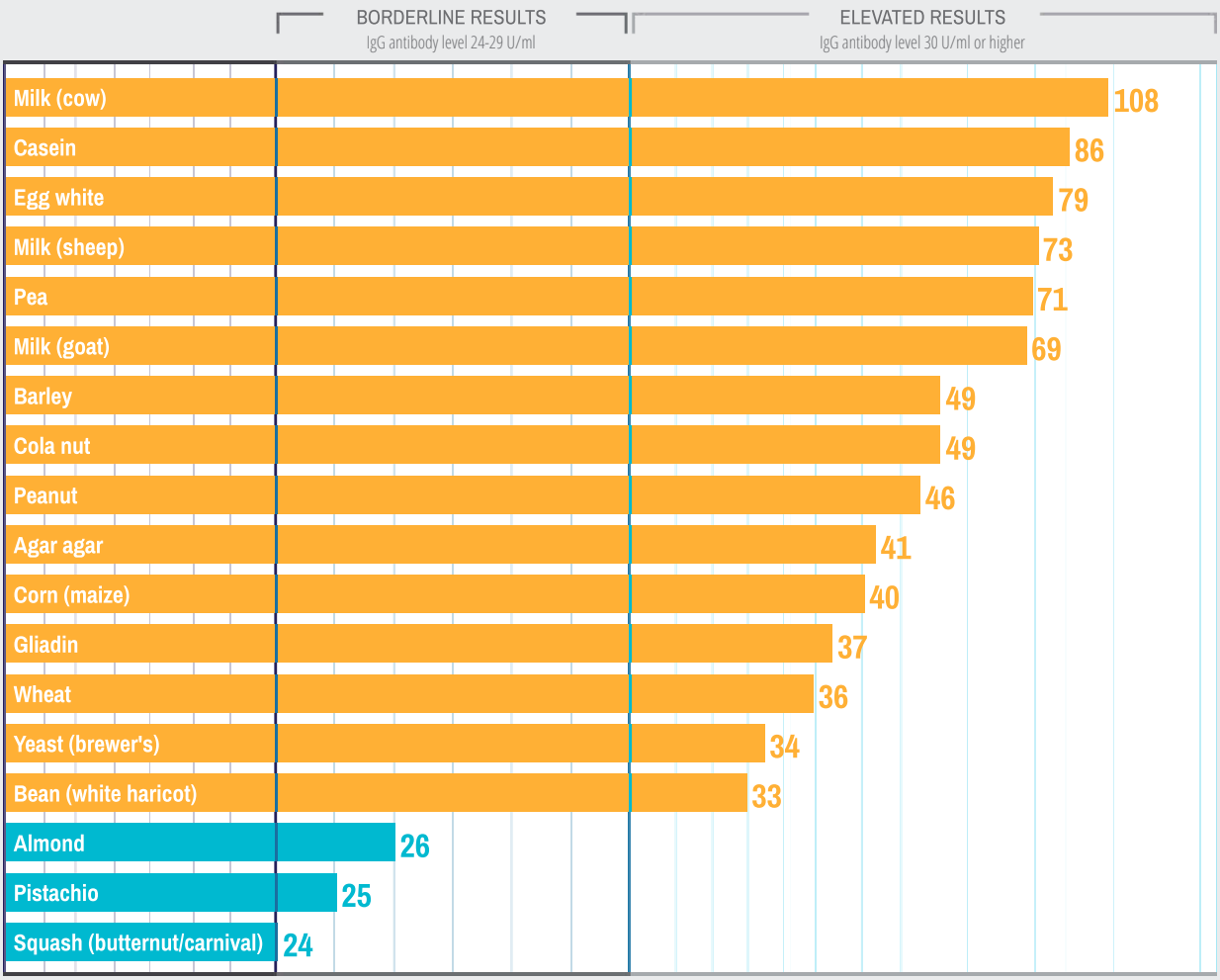
YOUR ACTION PLAN H
Your food IgG test report is just the start. Plan your next step.

YOUR FOOD TRACKER I
Monitor your symptoms as you reintroduce foods to your diet.

A YOUR ELEVATED AND BORDERLINE RESULTS

U/ml = units per millilitre

These are the food ingredients for which you have elevated or borderline IgG results, indicating immunologic sensitization by the food in question.



B YOUR FULL RESULTS

IgG antibody levels in U/mL (units per millilitre)

<15-23 Normal Levels 24-29 Borderline Levels 30 + Elevated Levels

Dairy/Eggs

108	Milk (cow)
79	Egg white
69	Milk (goat)
<15	Beta-lactoglobulin
<15	Milk (buffalo)
86	Casein
73	Milk (sheep)
<15	Alpha-lactalbumin
<15	Egg yolk

Legumes

71	Pea
23	Soya bean
<15	Bean (green)
<15	Chickpea
33	Bean (white haricot)
<15	Bean (broad)
<15	Bean (red kidney)
<15	Lentil

Meat

<15	Beef
<15	Chicken
<15	Duck
<15	Goat
<15	Horse
<15	Lamb
<15	Ostrich
<15	Ox
<15	Partridge
<15	Pork
<15	Quail
<15	Rabbit
<15	Turkey
<15	Veal
<15	Venison
<15	Wild boar

Nuts/Seeds

46	Peanut
25	Pistachio
16	Brazil nut
15	Hazelnut
<15	Macadamia nut
<15	Rapeseed
<15	Tiger nut
26	Almond
19	Cashew nut
16	Sunflower seed
<15	Chestnut
<15	Pine nut
<15	Sesame seed
<15	Walnut

Miscellaneous

49	Cola nut
34	Yeast (brewer's)
20	Malt
<15	Camomile
<15	Coffee
<15	Hops
<15	Tea (green)
<15	Yeast (baker's)
41	Agar agar
21	Aloe vera
<15	Alga spirulina
<15	Cocoa bean
<15	Ginseng
<15	Tea (black)
<15	Transglutaminase

Seasonings

15	Peppercorn (black/white)	<15	Aniseed
<15	Cane sugar	<15	Carob
<15	Chilli (red)	<15	Cinnamon
<15	Cumin	<15	Curry (mixed spices)
<15	Ginkgo	<15	Honey
<15	Mint	<15	Mustard seed
<15	Peppermint	<15	Rosemary
<15	Tarragon	<15	Thyme
<15	Basil	<15	Bayleaf
<15	Cayenne	<15	Chicory
<15	Clove	<15	Coriander (leaf)
<15	Dill	<15	Ginger
<15	Liquorice	<15	Marjoram
<15	Nettle	<15	Nutmeg
<15	Saffron	<15	Sage
<15	Vanilla		

Fish/Seafood

16	Winkle
<15	Anchovy
<15	Barnacle
<15	Bass
<15	Carp
<15	Caviar
<15	Clam
<15	Cockle
<15	Cod
<15	Crab
<15	Cuttlefish
<15	Eel
<15	Haddock
<15	Hake
<15	Herring
<15	Lobster
<15	Mackerel
<15	Monkfish
<15	Mussel
<15	Octopus
<15	Oyster
<15	Perch
<15	Pike
<15	Plaice
<15	Razor clam
<15	Salmon
<15	Sardine
<15	Scallop
<15	Sea Bream (gilthead)
<15	Sea Bream (red)
<15	Shrimp/prawn
<15	Sole
<15	Squid
<15	Swordfish
<15	Trout
<15	Tuna
<15	Turbot

Grains

49	Barley
36	Wheat
16	Spelt
<15	Durum wheat
<15	Rye
37	Gliadin
16	Flax seed
<15	Couscous
<15	Oat
<15	Wheat bran

Grains (Gluten-free)

23	Amaranth
<15	Millet
<15	Quinoa
<15	Tapioca
<15	Buckwheat
<15	Polenta
<15	Rice

Fruit

15	Orange
<15	Apricot
<15	Blackberry
<15	Blueberry
<15	Coconut
<15	Date
<15	Grape (black/red/white)
<15	Guava
<15	Lemon
<15	Lychee
<15	Melon (galia/honeydew)
<15	Nectarine
<15	Papaya
<15	Pear
<15	Plum
<15	Raisin
<15	Redcurrant
<15	Strawberry
<15	Watermelon
<15	Apple
<15	Banana
<15	Blackcurrant
<15	Cherry
<15	Cranberry
<15	Fig
<15	Grapefruit
<15	Kiwi
<15	Lime
<15	Mango
<15	Mulberry
<15	Olive
<15	Peach
<15	Pineapple
<15	Pomegranate
<15	Raspberry
<15	Rhubarb
<15	Tangerine

Vegetables

40	Corn (maize)
19	Mushroom
<15	Alga wakame
<15	Asparagus
<15	Avocado
<15	Broccoli
<15	Cabbage (red)
<15	Caper
<15	Cauliflower
<15	Chard
<15	Fennel (leaf)
<15	Leek
<15	Marrow
<15	Parsley
<15	Potato
<15	Rocket
<15	Spinach
<15	Tomato
<15	Watercress
24	Squash (butternut/carnival)
<15	Alga espaguette
<15	Artichoke
<15	Aubergine
<15	Beetroot
<15	Brussel sprout
<15	Cabbage (savoy/white)
<15	Carrot
<15	Celery
<15	Cucumber
<15	Garlic
<15	Lettuce
<15	Onion
<15	Pepper (green/red/yellow)
<15	Radish
<15	Shallot
<15	Sweet potato
<15	Turnip
<15	Yuca

C CHANGING WHAT YOU EAT

With the results from your Food IgG Test, you can consider some changes to your eating patterns. You can use H YOUR ACTION PLAN to help plan this out.

Elevated

- A strong antibody reaction to that particular food. These may be linked to the primary problem foods. You may consider eliminating them from your diet for at least 3 months.

Borderline

- A weak antibody reaction to that particular food. You may consider reducing and rotating these foods for at least 3 months.

Normal

- No significant IgG antibody reaction to that particular food. A normal result may be seen if there has not been recent exposure to that food. A normal IgG result to a specific food does not rule out that you have an IgE allergy to that food. You should continue to avoid foods to which you are allergic. (Please refer to page 1 for difference between food sensitivity and allergy.)

Eliminating foods

Here are some guidelines for your reference, but please consult with your health care professional to develop a personal action plan.

If you have many elevated results, you may find it too challenging to eliminate all foods at once. In that case, you may want to consider:

a. avoiding the top 4 or 5 foods with the highest IgG antibody results, and
b. reducing and/or rotating the remaining foods showing lower IgG antibody results.

To rotate foods, eat them no more than once every 4 days. For example, to rotate wheat, you could have wheat bread on day 1; oat cakes on day 2; corn bread on day 3; rye bread on day 4; pasta on day 5; etc.

Some people feel worse for a few days when they eliminate a food. Although it can be difficult to give up certain foods, you need to persevere. Substitute those foods which gave an elevated IgG result with other foods that have not shown a reaction. Trying new foods may help to decrease cravings and add pleasure to your eating.

The majority of people find symptom relief within 1 to 3 months after cutting out the foods to which they show a food antibody reaction.

Before you change your diet

Nutrition and health go hand in hand, and there are some standard rules you should follow before you change your dietary regime.

- If you have a medical condition, are pregnant, or are on medication, you should discuss your proposed dietary change with a healthcare professional such as a doctor, nutritionist, or dietitian.
- Plan and organize your meals in advance as much as possible. Collect recipe ideas using your non-reactive foods and shop ahead, so you won't be stuck wondering what to eat.
- Know the range of foods you can eat. While you may be sensitive to a few foods, there will be many foods that you should be free to eat. Focus on all the good things you can eat rather than sticking on what you can't eat.
- When eliminating a food from your diet, try to replace it with another food from the same food group that does not show a reaction.
- Continue to avoid a food if you have evidence that it is having an effect on you, even if it shows no reaction in your Food IgG Test.
- Get to know what food products contain foods that gave elevated IgG results (see D FOODS TO WATCH OUT FOR). Many ready-made meals and sauces contain a variety of ingredients that you may not have associated with the product, so make sure to always check the labels.
- It is very important to maintain a healthy, nutritious, and varied diet. To find out what nutrients you may need to focus on, see E NUTRIENTS CONTAINED IN THESE FOODS. To find other foods that contain these nutrients, see F HOW TO REPLACE MISSING NUTRIENTS.

C CHANGING WHAT YOU EAT

Monitoring your diet and symptoms

After you have eliminated problem foods for about 3 months and your symptoms have subsided, you may consider adding back the foods you eliminated. You can use section I YOUR FOOD TRACKER to keep a record of your foods and symptoms to help monitor your progress.

Reintroducing foods

Reintroduction should be a gradual process, adding one food at a time and monitoring your symptoms over a 2-week period. If you experience symptoms again, you may want to avoid that food for a longer period of time. If you don't experience symptoms, you may continue to eat the food occasionally, and try reintroducing another food to your diet.

Hints:

- Be patient when reintroducing foods.
- Do not overindulge. Eat the food just occasionally to avoid future problems.
- Reintroduce the food with the lowest antibody concentration first, and work your way up to the highest concentration.
- You may have to eliminate some foods from your diet indefinitely.

Introducing new foods

As you change your diet and introduce new foods, it is possible to develop sensitization and allergies to the new foods. Your symptoms may be caused by a different medical disorder. Talk to your physician about other possible causes of symptoms.

Some helpful tips:

- Avoid eating one food too regularly.
- Rotate foods to eat every few days.
- Make sure to eat a variety of foods so you will get the full range of important vitamins and minerals.

D FOODS TO WATCH OUT FOR

Foods you are sensitive to can be ingredients in many different things. If you and your health care professional decide that you want to eliminate some foods from your diet, these are the foods to watch out for.

Milk (cow)

Result 108 Elevated Food section Dairy/Eggs

Common Sources			
baked goods	butter	cheese	coffee cream
cottage cheese	cream	cream cheese	dairy products
ice cream	milk chocolate	salad dressings	sauces
soups	cheese	feta cheese	goat's brie

Casein

Result 86 Elevated Food section Dairy/Eggs

Common Sources			
cottage cheese	milk	milk products	protein powders
ricotta cheese	sour cream	yogurt	baked goods

Egg white

Result 79 Elevated Food section Dairy/Eggs

Common Sources			
baked goods	meringue	noodles	omelets
pancakes	pasta	salad dressings	baked goods

Milk (sheep)

Result 73 Elevated Food section Dairy/Eggs

Common Sources			
butter	cheese	dressings	soups
yogurt	baked goods	cereals	desserts

D FOODS TO WATCH OUT FOR

Pea

Result 71 Elevated Food section Legumes

Common Sources			
main dishes	side dishes	soups	stews

Milk (goat)

Result 69 Elevated Food section Dairy/Eggs

Common Sources			
cheese	feta cheese	goat's brie	yogurt

Barley

Result 49 Elevated Food section Grains

Common Sources			
beer	breads	cereals	whole-grain products

Cola nut

Result 49 Elevated Food section Miscellaneous

Common Sources			
soft drinks	baked goods	curries	desserts

D FOODS TO WATCH OUT FOR

Peanut

Result **46 Elevated** Food section **Nuts/Seeds**

Common Sources			
desserts	fruit and nut bars	main dishes	nut butters
nut mixes	pad thai	salads	trail mix

Agar agar

Result **41 Elevated** Food section **Miscellaneous**

Common Sources			
agar flakes	agar powder	sushi	algae supplements

Corn (maize)

Result **40 Elevated** Food section **Vegetables**

Common Sources			
chips	oils	processed foods	snacks
syrup	tacos	tortillas	French cuisine

Gliadin

Result **37 Elevated** Food section **Grains**

Common Sources			
beer	breads	cereals	condiments
salad dressings	seasonings	soups	spreads
syrup	appetizers	main dishes	roti

D FOODS TO WATCH OUT FOR

Wheat

Result **36 Elevated** Food section **Grains**

Common Sources			
baked goods	breads	cereals	maltodextrin
nutritional supplements	pasta	pre-packaged foods	bran muffins

Yeast (brewer's)

Result **34 Elevated** Food section **Miscellaneous**

Common Sources			
beer	breads	nutritional supplements	main dishes

Bean (white haricot)

Result **33 Elevated** Food section **Legumes**

Common Sources			
main dishes	salads	side dishes	soups

Almond

Result **26 Borderline** Food section **Nuts/Seeds**

Common Sources			
baked goods	fruit and nut bars	main dishes	nut butters
nut mixes	salads	side dishes	trail mix

D FOODS TO WATCH OUT FOR

Pistachio

Result **25 Borderline** Food section **Nuts/Seeds**

Common Sources			
fruit and nut bars	nut butters	nut mixes	trail mix

Squash (butternut/carnival)

Result **24 Borderline** Food section **Vegetables**

Common Sources			
main dishes	side dishes	soups	stews

E NUTRIENTS CONTAINED IN THESE FOODS

If you eliminate foods from your diet, you also eliminate the amounts of nutrients they bring. The level of each nutrient that you've been getting from any given food will depend on how much of that food you usually eat and how much of the nutrient there is in the kind you eat. Talk with your diet specialist to get an idea of which nutrients you might not be getting enough of after eliminating foods.

	Basic				Vitamins											Minerals									
Foods	Carbohydrate	Fibre	Protein	Unsaturated fats	Folic acid	Vitamin A	Vitamin B1 (thiamin)	Vitamin B2 (riboflavin)	Vitamin B3 (niancin)	Vitamin B5 (pantothenate)	Vitamin B6 (pyridoxine)	Vitamin B12 (cobalamin)	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Calcium	Copper	Iodine	Iron	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc
Squash (butternut/carnival)	X					X					X		X							X			X			
Pistachio		X		X			X		X									X			X	X			X
Almond		X		X					X												X	X		X		
Bean (white haricot)	X	X	X		X		X										X	X		X	X	X				
Yeast (brewer's)	X						X	X	X	X														X		X
Wheat	X	X					X													X			X		X	
Gliadin			X																							
Corn (maize)	X	X							X	X			X													
Agar agar		X															X			X	X				X	
Peanut		X		X					X		X				X			X			X					X
Barley	X	X					X				X									X						
Cola nut		X	X	X													X			X	X	X	X			X
Milk (goat)	X		X			X	X	X	X	X	X	X	X	X		X	X					X	X	X		
Pea	X	X															X			X					X	
Milk (sheep)			X			X	X	X	X	X	X	X		X			X	X			X	X	X		X	
Egg white			X			X	X	X	X	X	X	X										X		X	X	
Casein	X		X			X	X	X	X	X	X	X		X		X	X				X	X	X		X	
Milk (cow)	X		X			X	X	X	X	X	X	X		X	X	X	X				X	X	X			

F HOW TO REPLACE MISSING NUTRIENTS

If you need to make sure you're getting enough nutrients to replace the ones eliminated, look up the nutrients in this list to see what foods are common sources of them. This will help you plan with your diet specialist your best way to make sure you're getting the nutrition you need. Make sure to discuss your plans with your health care professional, in case there are other food issues you need to take into consideration as well, such as allergies, cholesterol or blood pressure issues, and medication interactions.

	Nutrients	Common sources
Basic	Carbohydrate	wheat products (e.g., bread, pasta), rice, oatmeal, potatoes, fruit, vegetables
	Fibre	wheat bran, rice bran, psyllium, flax seeds, chia seeds, dark green leafy vegetables
	Protein	eggs, fish, meat, tofu, beans/legumes
	Unsaturated fats	avocado, raw nuts/seeds, fatty fish (e.g., salmon), extra virgin olive oil
Vitamins	Folic acid	spinach, kale, beet greens, swiss chard, asparagus, broccoli, garbanzo beans (chick peas), sunflower seeds, liver, peanuts
	Vitamin A	egg yolks, whole milk, cream, butter, cod liver oil, carrots, liver, butternut squash, cantaloupe
	Vitamin B1 (thiamin)	wheat germ, wheat bran, brewer's yeast, brown rice, black-strap molasses, pistachios, sunflower seeds, macadamia nuts, pecans
	Vitamin B2 (riboflavin)	brewer's yeast, beef liver, oily fish (trout, herring, eel, shad), almonds, cheese (roquefort, brie, limburger), sun-dried tomatoes
	Vitamin B3 (niacin)	liver and other organ meats, poultry, peanuts, tuna, salmon, halibut, veal, sun-dried tomatoes
	Vitamin B5 (pantothenate)	organ meats, brewer's yeast, fish, chicken, sweet potatoes, cheese, mushrooms, avocados
	Vitamin B6 (pyridoxine)	organ meats, brewer's yeast, wheat germ, whole grains, sprouted whole wheat, pistachios, garlic (raw), molasses
	Vitamin B12	meat, egg yolks, organ meats, seafood (clams, mussels, oysters, octopus), fermented foods (tempeh, miso), lamb
	Vitamin C	oranges, lemons, limes, grapefruits, strawberries, raspberries, blackberries, peppers, guava, broccoli, cauliflower, Brussels sprouts, papaya
	Vitamin D	cod liver oil, egg yolks, butter, oily fish (mackerel, salmon, sardines), fortified cereals, fortified dairy, salami, ham, sausages
	Vitamin E	egg yolks, milk fat, liver, oils extracted from nuts or seeds, red palm oil, cooked spinach
	Vitamin K	milk products, egg yolks, cod liver oil, green leafy vegetables (kale, broccoli, kelp, alfalfa), prunes
Minerals	Calcium	milk, cheese, sardines (with bones), salmon (with bones)
	Copper	buckwheat, seafood, liver and other organ meats, sesame seeds, cocoa powder and chocolate
	Iodine	seafood, sea vegetables (kelp, nori, chlorella), fortified salt
	Iron	seafood (oysters, clams, mussels, shrimp), liver, black-strap molasses, squash and pumpkin seeds, spinach, dark chocolate and cocoa powder, egg yolks
	Magnesium	bran (rice, wheat, and oat), cocoa powder and dark chocolate, dark green vegetables, most nuts, most seeds, most legumes, fermented soy, soy flour, tofu
	Phosphorus	bran (rice and oat), seeds (pumpkin, sunflower), milk products (cheese and yogurt), nuts (brazil and pine), bacon, eggs, whey protein, fish
	Potassium	white beans, spinach, acorn squash, kale, yogurt, bananas, asparagus, mushrooms, sweet potato, parsley, avacado
	Selenium	Brazil nuts, shellfish (oysters, mussels, whelk), liver, brewer's yeast, wheat germ, molasses, oats, brown rice
	Sodium	sea salt, bouillon cubes, salad dressing, gravies, sea vegetables (kelp, nori, chlorella), salami, bacon and cured meats, seafood, soy and soya products, snack foods (pretzels, potato chips, popcorn)
	Zinc	brewer's yeast, dark meat, kelp, eggs, mushrooms, oysters, roasted pumpkin and squash seeds, dark chocolate

G YOUR GROCERY STORE FOOD MAP

Use this map of your foods with elevated IgG results, grouped by grocery store section, to aid your food shopping.

DAIRY/EGGS

Milk (goat) | Milk (sheep) | Egg white | Casein | Milk (cow)

LEGUMES

Bean (white haricot) | Pea

MEAT

NUTS/SEEDS

Pistachio | Almond | Peanut

MISCELLANEOUS

Yeast (brewer's) | Agar agar | Cola nut

SEASONINGS

GRAINS

Wheat | Gliadin | Barley

GRAINS (GLUTEN-FREE)

FISH/SEAFOOD

FRUIT

VEGETABLES

Squash (butternut/carnival) | Corn (maize)

H YOUR ACTION PLAN

Your food IgG test report is just the start.

Now it's time to look at how you actually eat and what this means for you. A food you don't often eat will have less of an impact than one you eat every day. You also need to take into account other factors such as allergies, cholesterol or blood pressure issues, and medications you're taking.

Discuss your food IgG results and your eating habits with your health care professional and make an action plan.

Use these pages to make your plan for action.

Follow-up appointments	DD–MM–YY	DD–MM–YY	DD–MM–YY

Food/ Recommended action	Steps to achieve the action (foods to avoid, how)	Nutritional concerns (missing nutrients)	How to address nutritional concerns (replacement foods, etc.)	Things to look out for (signs it's working or not; problems that may arise)
Food name: **Action:** ☐ None ☐ Reduce ☐ Eliminate ☐ Rotate				
Food name: **Action:** ☐ None ☐ Reduce ☐ Eliminate ☐ Rotate				
Food name: **Action:** ☐ None ☐ Reduce ☐ Eliminate ☐ Rotate				
Food name: **Action:** ☐ None ☐ Reduce ☐ Eliminate ☐ Rotate				

H YOUR ACTION PLAN

Food/ Recommended action	Steps to achieve the action (foods to avoid, how)	Nutritional concerns (missing nutrients)	How to address nutritional concerns (replacement foods, etc.)	Things to look out for (signs it's working or not; problems that may arise)
Food name: **Action:** ☐ None ☐ Reduce ☐ Eliminate ☐ Rotate				
Food name: **Action:** ☐ None ☐ Reduce ☐ Eliminate ☐ Rotate				
Food name: **Action:** ☐ None ☐ Reduce ☐ Eliminate ☐ Rotate				
Food name: **Action:** ☐ None ☐ Reduce ☐ Eliminate ☐ Rotate				
Food name: **Action:** ☐ None ☐ Reduce ☐ Eliminate ☐ Rotate				

I YOUR FOOD TRACKER

If you have eliminated foods from your diet, you may decide with your dietary specialist to reintroduce them. You will likely find it best to start adding them again one at a time, monitor your symptoms for 2 weeks before reintroducing another food.

Use this food tracker to monitor your responses to foods.

Food	Start date	Preparation	How often eaten	Symptoms (Include severity and frequency)	OK to eat?	Stop date (If stopped)
	DD–MM–YY	☐ Cooked ☐ Raw	☐ Daily ☐ Every 2nd day ☐ Every 3rd day ☐		☐ Yes ☐ No	DD–MM–YY
	DD–MM–YY	☐ Cooked ☐ Raw	☐ Daily ☐ Every 2nd day ☐ Every 3rd day ☐		☐ Yes ☐ No	DD–MM–YY
	DD–MM–YY	☐ Cooked ☐ Raw	☐ Daily ☐ Every 2nd day ☐ Every 3rd day ☐		☐ Yes ☐ No	DD–MM–YY
	DD–MM–YY	☐ Cooked ☐ Raw	☐ Daily ☐ Every 2nd day ☐ Every 3rd day ☐		☐ Yes ☐ No	DD–MM–YY
	DD–MM–YY	☐ Cooked ☐ Raw	☐ Daily ☐ Every 2nd day ☐ Every 3rd day ☐		☐ Yes ☐ No	DD–MM–YY

I YOUR FOOD TRACKER

Food	Start date	Preparation	How often eaten	Symptoms (Include severity and frequency)	OK to eat?	Stop date (If stopped)
	DD–MM–YY	☐ Cooked ☐ Raw	☐ Daily ☐ Every 2nd day ☐ Every 3rd day ☐		☐ Yes ☐ No	DD–MM–YY
	DD–MM–YY	☐ Cooked ☐ Raw	☐ Daily ☐ Every 2nd day ☐ Every 3rd day ☐		☐ Yes ☐ No	DD–MM–YY
	DD–MM–YY	☐ Cooked ☐ Raw	☐ Daily ☐ Every 2nd day ☐ Every 3rd day ☐		☐ Yes ☐ No	DD–MM–YY
	DD–MM–YY	☐ Cooked ☐ Raw	☐ Daily ☐ Every 2nd day ☐ Every 3rd day ☐		☐ Yes ☐ No	DD–MM–YY
	DD–MM–YY	☐ Cooked ☐ Raw	☐ Daily ☐ Every 2nd day ☐ Every 3rd day ☐		☐ Yes ☐ No	DD–MM–YY
	DD–MM–YY	☐ Cooked ☐ Raw	☐ Daily ☐ Every 2nd day ☐ Every 3rd day ☐		☐ Yes ☐ No	DD–MM–YY