FOODTEST.HU
food intolerance centre

100-DAY FOOD DIARY

100-day food diary

Track your diet and how your symptoms change – a printable diary to fill in week by week.

Food intolerance is managed through diet, based on leaving out (eliminating) the foods that fell into the positive range. In food intolerance, symptoms can appear as late as 3–5 days after eating the food that triggers them, so keeping a diary makes it easier to put together and follow your diet.

Write down your experiences with meals and how your symptoms develop: looking back over your notes makes it easier to find the food behind your complaints. Next to the name of each dish, also note the substitute ingredients you used (for example rice milk, coconut milk, oat cream, maize flour, rice flour, gluten-free bread flour mix, plant-based cheese, gluten-free bread rolls). If you plan your menu in advance, you can also get hold of the substitute foods more quickly.

When to keep it?

Definitely during the first six weeks of the diet – at first it helps a lot to plan your menu several days ahead. It is also useful when gradually reintroducing the positive foods: your notes show which foods your body tolerates again and which still need to be eliminated for longer.

How to use it

- Print it and fill in one page a week – 15 weeks ≈ 100 days.
- The weekly page has five meals and a symptoms column for every day.
- In the weekly symptom summary, briefly write how you felt.
- At the end, score the change in your symptoms in the evaluation table.

Abbreviations for filling in

gf	gluten-free	**rp**	rice pasta	**rm**	rice milk
rf	rice flour	**mf**	maize (corn) flour	**cm**	coconut milk
sf	soy flour	**ey**	egg yolk	**af**	almond flour

Personal details

Name

Body weight | Height

Date of FOODTEST test

My dietitian / nutrition counsellor

Name

Phone | Consulting hours

My diet

Foods to avoid (eliminate)

Borderline foods

Diet start date

Main complaints

Shops nearby selling dietary products

Example entry

Diet: free of milk protein, egg white and gluten (gf).

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER
Monday	coconut drink, margarine, salami, iceberg lettuce, (gf) bread	banana	vegetable soup (rp), grilled chicken, green bean stew (mf), apple	almond plant-based yoghurt, (gf) puffed rice cakes	grilled trout with peaches (gf flour), mashed potatoes (rm)
Tuesday	tea, rice pudding (cm)	chocolate soy drink, ham, pepper, (gf) puffed bread	cauliflower soup (sf, rice cooking cream), breaded escalope (ey, gf breadcrumbs), steamed carrots, amaranth side dish	orange juice, smoked tofu, tomato	plain turkey breast, lecsó (pepper and tomato stew), polenta (cornmeal), a glass of white wine
Wednesday	tea, scrambled eggs (ey, rm), (gf) crescent roll, bell pepper	frankfurters (gf), rice crispbread, mustard	goulash soup, apple slice (rf, almond flour, ey, margarine)	sorghum balls (gf), orange	vitamin salad, plant-based cheese, cold roast meat, (gf) bread

Notes and symptoms week by week

Record the symptoms and experiences you notice during the 100-day diet here.

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 9

Week 10

Week 11

Week 12

Week 13

Week 14

Week 15

Week 1

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 1 – good to know

Take the change to your diet positively. You have probably found the cause of long-standing complaints that had not been identified until now. With the elimination diet you may feel better day by day. Write down in the diary which foods and ingredients you are intolerant to: the diary is for continuously recording how your symptoms develop and following the effect of the elimination diet.

Tip: you can easily evaluate the effects of your elimination diet in the evaluation table at the end of the diary.

Week 2

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 2 – good to know

Interpreting the food intolerance result correctly is very important. Before changing your diet, see a dietitian, nutrition counsellor, gastroenterologist and/or allergist. With their help you can find your way among the wide range of alternative foods, choose the substitutes that best suit your needs, and avoid deficiencies.

Regardless of your food intolerance result, you must continue any diet previously prescribed by a doctor. Read our Nutrition counselling notes as well!

Week 3

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 3 – good to know

The elimination diet may seem complicated, but if you plan ahead you can get the hang of it quickly. Make a list of the dishes you really like – you will see that many of them can still be eaten without any changes.

Start cooking with substitute ingredients with the easier dishes: plant-based milk substitutes and pseudocereals behave differently when cooked. Once you have experienced this, work your way gradually towards more complex dishes, and don't be discouraged if something doesn't turn out as you wanted the first time. Alternative ingredients are also available in specialist food-allergy shops and online stores; flour mixes free from gluten, milk, egg, soy, yeast and oilseeds can be used to make bread, pastries, nokedli (dumplings), pancakes and many other treats. It is important to eat a varied diet and enjoy tasty food while on the diet.

Week 4

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 4 – good to know

The food that most commonly causes food intolerance is cow's milk (milk protein); in this case plant-based products are recommended. Your diet must still provide enough calcium; how well it is used is also influenced by the protein and vitamin D content of your diet. Among plant-based milk substitutes, choose **calcium-fortified** ones!

Useful advice: you can increase the calcium content of your diet by eating oilseeds, poppy seeds, pulses, soy products, bananas, quince, oranges, small-seeded fruits, figs, oat flakes, sorrel, spinach, carrots, mushrooms and sardines more often. In some cases the calcium taken in with food is not enough and a supplement is needed – your doctor, gastroenterologist or dietitian decides on this.

Week 5

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 5 – good to know

In wheat protein intolerance, the component that triggers the reaction is not gluten but, for example, the alpha-amylase inhibitor or the trypsin inhibitor. Wheat protein intolerance based on IgG measurement should not be confused with coeliac disease, which is autoimmune, or with wheat allergy (measured by IgE levels).

Gluten-free products also offer an alternative in wheat intolerance, but a wheat-free diet is not necessarily the same as a gluten-free one: gluten-free wheat starch may contain the protein component you are sensitive to, so avoid such products. When shopping, read the label and look for wheat-free products.

Week 6

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 6 – good to know

Would you like to dine out in a restaurant without worry, in line with your diet? Planning your menu and buying alternative foods is made easier by the fact that allergen labelling is required by law on foods, as well as in catering and restaurants.

Food intolerance is not the same as IgE-mediated food allergy, but both are managed the same way: by excluding the foods that trigger the reaction. Allergens that must be labelled include gluten, eggs, fish, soybeans, milk, nuts, celery, mustard and products made from them. You can find information online about restaurants and food delivery services that cater for special needs.

Week 7

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 7 – good to know

If you have a large number of positive results, eliminating the foods with exceptionally high values is recommended. Choosing suitable substitute foods is also harder in this case: see a dietitian or nutrition counsellor who can help you find your way with your diet.

Week 8

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 8 – good to know

The elimination diet is recommended for **at least six months**. Like any dietary change, the food intolerance diet is difficult and involves giving up a lot. After 4–6 weeks without the trigger food you should already notice positive changes. If the diet is working, keep going and continue to eat in a way that avoids the foods you are intolerant to.

Week 9

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 9 – good to know

Did your test also show egg white sensitivity? If the egg yolk stayed negative, eliminating egg white is enough. Don't confuse this with egg allergy (IgE food allergy): in food intolerance, separating the two components – avoiding only the egg white – is an appropriate solution, which helps a lot in cooking.

To replace egg you can use egg replacer powder, fruit purée, tomato purée, oil, raw grated potato, sparkling water, or flour mixes that do not need egg. Flaxseed, chia seeds and psyllium husk, prepared properly, are excellent binders. If needed, ask a dietitian or nutrition counsellor for help.

Week 10

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 10 – good to know

During the diet – especially on a diet free of milk protein and egg white – you can easily end up short of protein. On a mixed diet, a protein intake of 0.8–1 g per kg of body weight a day is recommended for healthy adults; requirements vary considerably with age.

The biological value of proteins is determined by their essential amino acid content. First-class (complete) proteins – most proteins of animal origin: egg, milk, meat, fish – contain all essential amino acids in adequate amounts. On a diet free of milk protein and egg white, make sure your three main meals contain complete protein (meat, fish, offal, seafood, egg yolk). Plant proteins (pulses, peas, oilseeds, rice, potatoes) contribute to adequate intake when eaten together with each other or with other protein sources.

Week 11

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 11 – good to know

Don't be alarmed: gliadin food intolerance is not the same as coeliac disease. In this case eating gluten-free foods is recommended; with an exceptionally high gliadin value, further laboratory tests for coeliac disease are needed. A dietitian, nutrition counsellor, gastroenterologist or allergist can help you with this.

With gliadin sensitivity, avoid – even if their own value is negative: wheat, rye, barley, oats, spelt, kamut, durum wheat, and their flours, meals and flaked forms. **Recommended substitutes:** flours of maize, rice, soy, buckwheat, millet, quinoa, amaranth, yellow peas, chickpeas, coconut, almond, chestnut, psyllium husk, tapioca and sorghum. Buckwheat, millet, quinoa and amaranth can be prepared like rice in savoury and sweet dishes – be brave and try new recipes!

Week 12

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 12 – good to know

Despite the diet, aim for regular, varied, nutrient-rich home-made meals from seasonal ingredients. This is also recommended for agar-agar (E406) sensitivity: this gelling agent is found in aspic dishes, confectionery, cold cuts in aspic, jams and yoghurts.

Home-made food is also recommended for soy sensitivity; in addition, avoid for example soy chunks and soy sauce. Mustard seed often flavours cold cuts and pickles – the label tells you the ingredients. A home-baked liver pâté or meat spread will also bring more joy to the family.

Week 13

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 13 – good to know

Along with changing your diet, regular physical activity also improves your health. At first, a short walk, a jog, taking the stairs instead of the lift, light exercise or an exercise bike all count – what matters is that they become part of everyday life, taking your own fitness and capacity into account.

Moderate-intensity exercise 3–5 times a week for at least 30 minutes helps prevent lifestyle diseases. Sport is also enjoyable: in the long term it increases stress tolerance and self-confidence, which can help you through the difficulties of the elimination diet.

Week 14

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 14 – good to know

Drinking water is the best way to quench your thirst. A fluid intake of 2.5–3 litres a day is recommended, i.e. 10–12 glasses (1 glass = 200–250 ml), mostly water or unsweetened tea. Drink sugary teas and soft drinks only occasionally, in small amounts. Freshly squeezed fruit and vegetable juices and soups are refreshing. Frequent fast-food meals are also less favourable for your fluid needs than a diet rich in vegetables and fruit.

Week 15

Date: _____

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SYMPTOMS
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 15 – good to know

Having reached the last week of your food diary, your symptoms have probably eased a lot or disappeared – congratulations on your perseverance! If you have kept to your diet for six months, you can start **gradually reintroducing** the foods with positive values:

- first try the foods with the lowest positive values, cooked or baked;
- reintroduce one food at a time, in small portions, and leave a 3–5-day gap, watching for any symptoms;
- keep a diary during reintroduction as well: write down the name of the food, the amount, when you introduced it and its effects;
- if you have no symptoms, the food can be eaten again in normal amounts.

A varied diet based on seasonal ingredients reduces the chance of developing food intolerance. Feel free to keep eating the alternative ingredients you came to like during the diet.

Evaluating the effect of the diet

In this table you can evaluate the effects of your elimination diet. Score the change in your symptoms with numbers from 0 to 5:

- 0 the symptom got worse
- 1 the symptom is unchanged
- 2 the symptom improved slightly
- 3 the symptom clearly improved
- 4 the symptom hardly appears any more and is less troublesome
- 5 the symptom has gone

The higher your score, the more effective the diet. If your scores are low, consider whether you are using the substitute foods properly and whether mistakes are slipping into your diet.

Week of diet	Bloating, cramps	Constipation, diarrhoea	Skin problems, eczema	Respiratory symptoms	Headache, fatigue	Joint inflammation	Other symptoms	Did you keep to the diet?	Score
Week 1									
Week 3									
Week 6									
Week 10									
Week 15									
After six months									

If your symptoms have not improved after six weeks of a continuous and correctly followed elimination diet, the causes of your complaints need further investigation – please see your doctor!

Take care of your health!

Many diseases can be prevented with a healthy lifestyle. As part of a balanced diet, eating fresh vegetables and fruit every day is recommended: the recommendation is 400 g of vegetables and fruit a day, eaten in variety.

If you need antibiotic treatment, these medicines can upset the balance of the gut flora and cause digestive problems. Increased permeability resulting from damage to the intestinal wall can precede the development of food intolerance, so taking a good-quality probiotic alongside antibiotic treatment is important – ask your doctor or pharmacist about this.

> **Nutrition counselling notes**
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> Our Nutrition counselling notes also help you put together your diet; they can be downloaded from the Downloads page of foodtest.hu.

Notes

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