



Day & Date: Tuesday, May 3rd, 2017

In the table below, record foods as they are eaten (and the amount) and symptoms as they occur.

Time of Day	Foods Eaten	Response / Symptoms
12:30am		Intense hives / diaper rash. Difficulty staying asleep.
12:45am	Rice milk.	
5:00am	Rice milk.	
6:00am	GF bread. Avocado.	Poop is still mucous filled. Hives on bottom are improving.
7:30am	Rice noodles w/ avocado oil. Broccoli.	
8:30am	Tylenol.	
9:30am	Rice crackers. Rice milk.	
12:00pm		Hives on her bottom turned into open sores again. Congested. Multiple stools (4 so far today).
12:15pm	Potatoes. Green peas.	
2:00pm	Rice noodles w/ avocado oil. Broccoli.	
3:00pm	Pear slices.	Cheerful despite symptoms.
5:00pm	Rice w/ avocado oil. Green peas.	
5:45pm		Hives have spread to her face and back.

Food Summary:	Rice milk, GF bread, avocado, avocado oil, rice noodles, potatoes, rice, Broccoli, green peas, rice crackers,

Symptom Summary:	Sleeping issues, unable to stay asleep, poop is filled with mucous, multiple poops (6), hives and open sores on bottom, hives on face and back, congested.
	No behavioral symptoms.