



Food Allergy Journal and Symptom Tracker: for Breastfeeding Moms and Children (Food Allergy Journals) (Volume 1)

By Heavy Feather Designs Books

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 194 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. When dealing with food allergies, it can be difficult to identify which food is causing a reaction. That's why it can be useful to keep a food and symptom tracking journal. It helps you track foods consumed and reactions over time, so you and your doctor can identify patterns and triggers, as well track general nutrition and quantity of food being consumed. It can also help you track improvements over time. Whether you are managing food allergies, FPIES (Food Protein-Induced Enterocolitis Syndrome), a breastfeeding food allergy, food trailing, or a TED (total elimination diet) This journal is specifically designed for the breastfeeding mother and child. It features two-page spreads for 90 days in which you can note: The left side is a side by side food journal for mother and child where you can log all the foods you and/or your child consumed, medications, and the current new food trial and how many days you have been trailing it. The right side features a convenient check list of symptoms, so you can easily capture what happened, and an area for...



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