

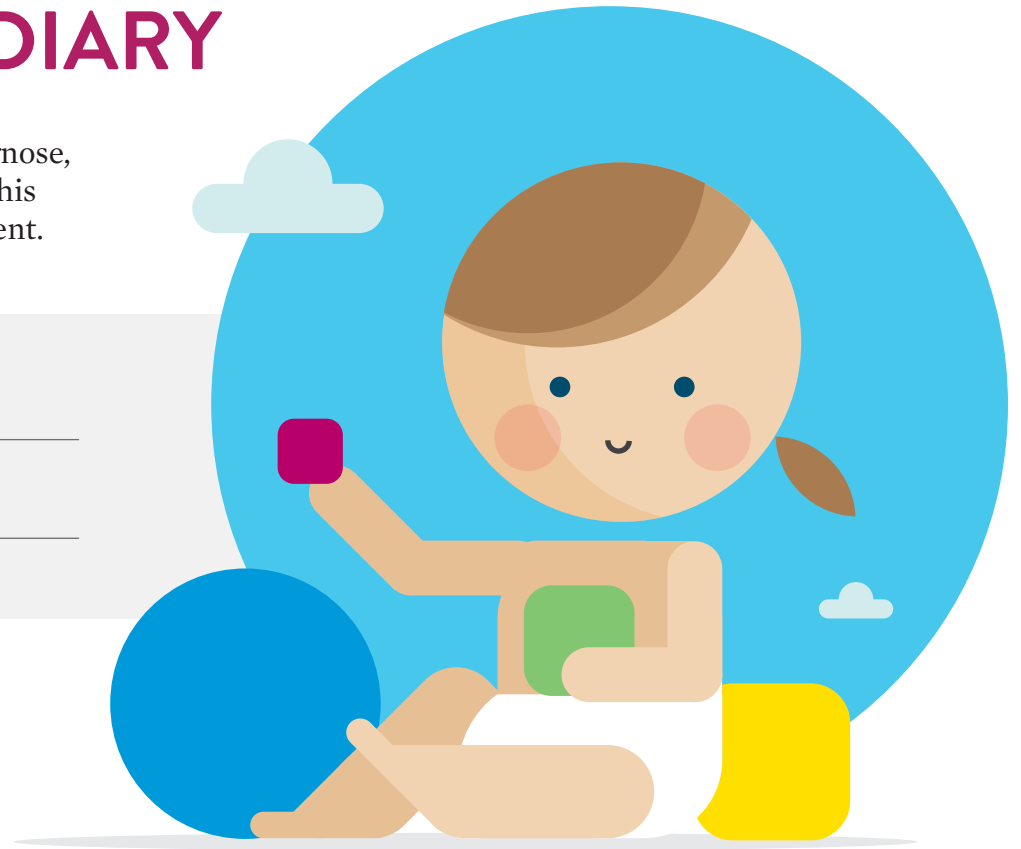
MY CHILD'S SYMPTOM DIARY

Cow's milk allergy and other food allergies can be difficult to diagnose, making it important to track any patterns with your child. Bring this helpful symptom tracker along to your next healthcare appointment.

Child's Name _____

Age _____

Date _____



QUESTIONS YOU CAN ASK YOUR HEALTHCARE PROFESSIONAL:



Could symptoms be from an allergy and what type?



What tests can be performed to diagnose?



Does my child need to see an allergist or pediatric specialist?



How do I manage it?



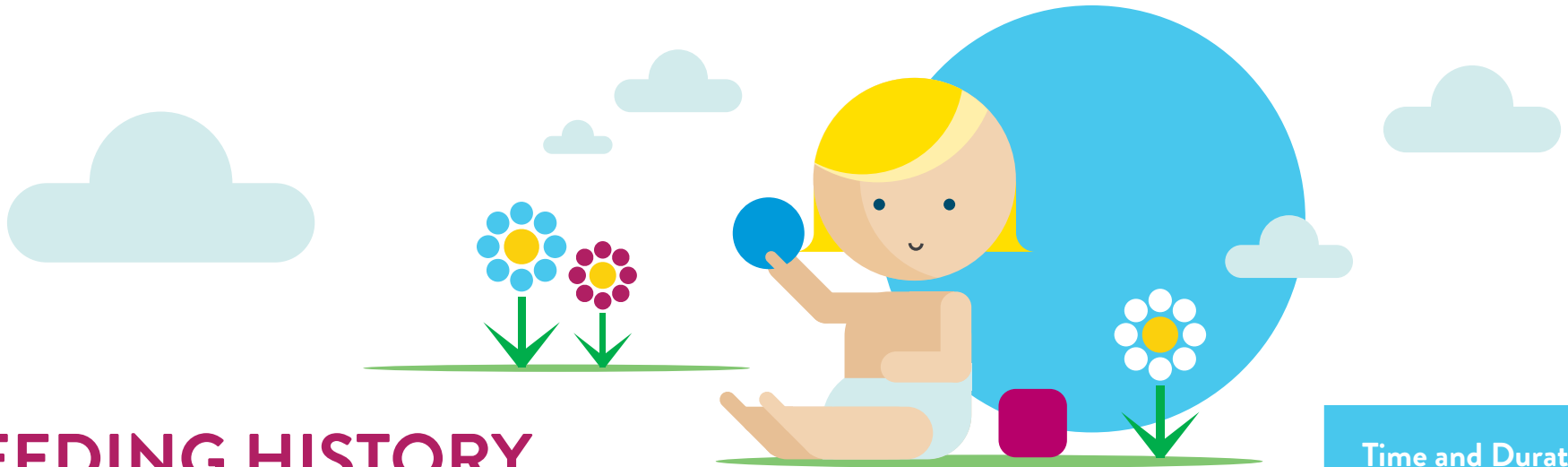
What are the next steps?



Will my child grow out of an allergy?



Should my child be on a special diet?



FEEDING HISTORY

Time and Duration
(when did the symptoms begin and how long did they last?)

Date	Time of Feeding	Description of Feeding (type of food and amount)	Symptoms	Time and Duration (when did the symptoms begin and how long did they last?)