Food Allergy Test Log

						Possible Allergic Reactions																					
Food	Day	Date	Qty.	Reaction to First Try	Reaction by end of first 3 days	Skin Rash / Hives	Swelling Anywhere	Mouth Irritation	Stuffiness / Runny Nose	Sneezing	Coughing	Noisy Breathing / Wheezing	Difficulty Breathing	Watery / Itchy Eyes	Gas	Diarrhea	Constipation	Diaper Rash	Vomiting / Spitting Up	More Active Than Usual	Less Active Than Usual	Irritable / Fussy / Emotional	Difficulty Sleeping	Sleeping More Than Usual	Sore Muscles / Joints	Abdominal Pains	Headache

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