

Breastfeeding & CMPA Food Diary



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How to Use This Journal



Managing allergies in your baby or young child can be incredibly stressful, daunting, and overwhelming - I know because I've done it myself. One of the toughest aspects is the woeful lack of support from the NHS, though it's there if you push hard enough for access.

In the meantime, one of the most important things you can do to help your child and for your own peace of mind is to keep a food diary. This particular diary is designed specifically for breastfeeding mothers.

This will enable you to track your child's symptoms and progress, and - over time - analyse the data you collect and begin to find patterns. This is vital information which will assist you in identifying suspected allergens, and the challenging and confirming them.

The diary consists of the following pages:

- Common allergens checklist
- Don't forget to check checklist
- Milk ladder list
- Safe foods (for you to complete)
- Confirmed allergens & products (for you to complete)
- Suspected allergens & products (for you to complete)
- Weekly planning pages
- Weekly diary pages for your/baby's diets, and baby's symptoms
- Weekly graphs to plot and analyse data and identify patterns
- Monthly graphs to plot and analyse data and identify patterns

Use the daily pages to keep a written record of everything you and your baby consume, as well as your baby's symptoms. You will likely encounter plenty of false starts along the way. Sadly this is par for the course, but our babies are worth it, and we will persevere.

My hope is that this diary will help you to record, monitor, analyse, and ultimately cope with your child's allergy/ies.

I've written about our CMPA journey on my blog; for more information and support check out <https://www.refinedprose.com/tag/cmpa>. You can also check out the NHS website, contact your GP for additional support, or consider joining a Facebook group to connect with others in your situation.

Wishing you the very best of luck in your journey.

Common Allergens



- Celery
- Cereals containing gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Tree Nuts
- Peanuts
- Sesame seeds
- Soya and Sulphur dioxide (also known as sulphites)

Don't Forget to Check!



- Meat Products
- Chewing gum
- Drinks, including alcohol
- Sauces
- Medications
- Toiletries
- Vaccinations

Check *everything, every time!*

Milk Ladder



- Step 1 - Malted milk biscuit
- Step 2 - Garibaldi biscuit / digestive
- Step 3 - Mini muffin / cupcake
- Step 4 - Scotch pancakes
- Step 5 - Shepherds pie
- Step 6 - Lasagne
- Step 7 - Pizza
- Step 8 - Milk chocolate (buttons)
- Step 9 - Yoghurt
- Step 10 - Cheese
- Step 11 - Sterilised milk
- Step 12 - Pasteurised milk

