14-DAY TRACKER

Fermented Foods Tracker

Start with a spoonful. Log what you tried with a letter and watch the wind and bloating line. If it stays flat for three days, the portion can grow.



SHEET 16

Name _____ **Day 1 is** _____

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
WHAT I HAD: Y YOGHURT, K KEFIR, S SAUERKRAUT, KI KIMCHI, M MISO, T TEMPEH, KB KOMBUCHA, O OTHER														
Food letter														
Portion spoons or ml														
Label says live	○	○	○	○	○	○	○	○	○	○	○	○	○	○
WIND OR BLOATING, 0 NONE TO 10 WORST														
Wind or bloating ● worst of the day	10 / 8 / 6 / 4 / 2 / 0													
ALSO TODAY														
Stool type 1 to 7														
Other reaction headache, flushing	○	○	○	○	○	○	○	○	○	○	○	○	○	○
STEPS I PRACTISED														
Tried a new food	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Kept the portion small	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Checked the label	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Ate fibre with it	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Label comparison Chilled and unpasteurised usually means live. Heat-treated or shelf-stable usually does not.

PRODUCT AND BRAND	LIVE, OR HEAT-TREATED?	SUGAR PER 100 G	SALT PER 100 G	PRICE PER PORTION	BUY AGAIN?

Foods that suit me

_____

Foods to leave for now

_____

! **Fermented foods are an everyday food, and they do not treat any condition.** If your immunity is weakened or you are seriously ill, ask your care team before eating live or unpasteurised foods. In pregnancy avoid unpasteurised dairy. Never taste a home batch that looks mouldy or smells putrid: discard all of it.