

Dog Allergy Symptom & Food Diary

Itchy paws, ear infections and a sore belly can come from food or from the environment, and the only reliable way to tell is a **strict elimination diet trial with your vet**. Use this diary to log every day of the trial, so the pattern is clear when you sit down with your vet.

FILLABLE PDF — TYPE ON A COMPUTER OR TABLET, OR PRINT AND FILL IT IN BY HAND.

DOG'S NAME

TRIAL DIET

START DATE

FOOD OR ENVIRONMENT?

Food allergy

Usually **year-round**. Itch on ear flaps, feet and belly; repeat ear or skin infections; often loose stools, vomiting or more than 3 stools a day.

Environmental allergy

Often **seasonal**, or worse in some seasons. Usually starts between 6 months and 3 years: paws, face, ears, armpits, belly.

Often both

Dogs with a food allergy often have an environmental or flea allergy too, which is why a careful trial matters.

Allergy tests

Skin and blood tests show exposure, not a diagnosis. The diet trial plus a re-challenge is the reliable test.

TRIAL RULES

- ☐ **One diet only** for at least 8 weeks (your vet sets the length; often 8–12).
- ☐ **Ask for unflavored** heartworm and flea products.
- ☐ **Afterward**, the old food goes back in so you can see if signs return.
- ☐ **No treats**, table food, rawhide, pill pockets or flavored toys.
- ☐ **Feed other pets apart**. No shared bowls.

DAILY DIARY

DATE	ITCH 0-10	EARS · PAWS · SKIN	STOOL	ANYTHING ELSE EATEN	NOTES

Call your vet now for face or lip swelling or hives, and go to an emergency vet if breathing changes. Book a visit for repeat ear or skin infections, ongoing vomiting or diarrhea, or weight loss.

THE FULL VERSION: [DOG ALLERGY TRACKER & ELIMINATION DIET · ON ETSY: NEWDOGCO.ETSY.COM](#)

Sources: Merck Veterinary Manual (Cutaneous Food Allergy in Animals; Canine Atopic Dermatitis); Olivry, Mueller & Prélaud, BMC Veterinary Research 2015; VCA Animal Hospitals. Run every diet trial with your veterinarian.