



IC Food List & Printable Diet Chart



A personal eight-page food chart to help you organise foods you usually tolerate, foods that still need testing, and possible personal triggers - without turning a generic IC list into a permanent rulebook.



Usually comfortable for me

Foods or products you have used more than once without a convincing symptom pattern.

Need to test or uncertain

Foods not tested clearly, or foods eaten during a complicated flare.

Possible personal trigger

Reserve for patterns that are reasonably repeatable. Note portion, brand and timing.





Your Personal Food Chart

Start with the foods you actually eat.

Write the exact food, product, brand or preparation method. "Uncertain" does not mean unsafe.

Starches & grains

Examples to consider only: oats, rice, potatoes, pasta, bread, wraps, quinoa, couscous

Usually comfortable for me

Need to test / uncertain

Possible personal trigger

Protein foods

Eggs, chicken, turkey, fish, tofu, beans, lentils, lean meat and tolerated dairy

Usually comfortable for me

Need to test / uncertain

Possible personal trigger

Vegetables

Cucumber, courgette, carrots, green beans, leafy greens, broccoli, squash and your usual vegetables

Usually comfortable for me

Need to test / uncertain

Possible personal trigger

Fruit

Pear, blueberries, melon and any other fruit from your usual diet

Usually comfortable for me

Need to test / uncertain

Possible personal trigger



Your Personal Food Chart

Continue with the places hidden ingredients often appear.

Dairy or alternatives

Milk, yoghurt, cheese, lactose-free products and plant-based alternatives if used

Usually comfortable for me

Need to test / uncertain

Possible personal trigger

Fats, toppings & sauces

Olive oil, butter, cream cheese, yoghurt sauces, pesto, tahini, herbs and seasonings

Usually comfortable for me

Need to test / uncertain

Possible personal trigger

Drinks

Still water, tea, coffee, milk, plant drinks, sparkling drinks, juices and alcohol if used

Usually comfortable for me

Need to test / uncertain

Possible personal trigger

Snacks & packaged foods

Crackers, crisps, popcorn, snack bars, ready meals, sauces, stock, sweets and supplements

Usually comfortable for me

Need to test / uncertain

Possible personal trigger



One-Food Testing & Reintroduction Record

One uncertain food or product at a time.

Choose a day when symptoms are reasonably close to your usual baseline. Keep the rest of your routine as familiar as practical.

TEST 1

Food / product / brand / preparation

Date	Baseline pain / pressure 0-10	Baseline urgency 0-10	Portion tested
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Symptoms after the test

About 2 hours

Pain / burning / pressure:

Urgency / frequency:

About 6 hours

Pain / burning / pressure:

Urgency / frequency:

Next morning

Pain / burning / pressure:

Urgency / frequency:

Other factors: stress / sleep / cycle / bowels / sex / exercise / illness / supplements / hydration

Conclusion: Comfortable / Unclear - retest / Possible trigger

TEST 2

Food / product / brand / preparation

Date	Baseline pain / pressure 0-10	Baseline urgency 0-10	Portion tested
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Symptoms after the test

About 2 hours

Pain / burning / pressure:

Urgency / frequency:

About 6 hours

Pain / burning / pressure:

Urgency / frequency:

Next morning

Pain / burning / pressure:

Urgency / frequency:

Other factors: stress / sleep / cycle / bowels / sex / exercise / illness / supplements / hydration

Conclusion: Comfortable / Unclear - retest / Possible trigger



Three-Day Food, Drink & Symptom Diary

Look for patterns before making big diet changes.

Record enough detail to be useful without trying to make every day identical. Include portions, product names and non-food flare factors.

DAY 1

Date: _____

Breakfast

Lunch

Dinner

Snacks

Drinks

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

End-of-day symptoms

Pain / pressure 0-10: ____ Burning 0-10: ____ Urgency 0-10: ____ Frequency: ____

Other factors / timing notes: _____

DAY 2

Date: _____

Breakfast

Lunch

Dinner

Snacks

Drinks

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

End-of-day symptoms

Pain / pressure 0-10: ____ Burning 0-10: ____ Urgency 0-10: ____ Frequency: ____

Other factors / timing notes: _____

DAY 3

Date: _____

Breakfast

Lunch

Dinner

Snacks

Drinks

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

End-of-day symptoms

Pain / pressure 0-10: ____ Burning 0-10: ____ Urgency 0-10: ____ Frequency: ____

Other factors / timing notes: _____



Meal Builder & Shopping List

Turn your reliable foods into normal meals.

Choose one item from each section, then add a tolerated sauce, topping or flavour. This is a planning aid, not a rule.

Build a meal

1

Starch / base

2

Protein

3

Fruit or vegetables

4

Sauce / topping / flavour

My meal idea

Shopping list

Protein

Starches / grains

Vegetables

Fruit

Dairy / alternatives

Sauces / toppings

Drinks

Snacks / extras



Reliable Foods & Flare-Day Reference

Keep familiar options easy to find.

A flare is usually not the best time to test several new foods. Use this page to keep your own reliable options visible.

My reliable foods

Breakfast / staples

Proteins

Fruit / vegetables

Snacks

Drinks

Sauces / toppings

My simple flare-day plan

Breakfast

Lunch

Dinner

Flare reminder: simplify, nourish yourself, hydrate steadily and avoid testing several new products at once.



Review, Broaden & Keep It Personal

The goal is not a perfect “safe list”.

The goal is a varied diet built from evidence you have gathered about your own symptoms.

Monthly review

- Which foods have moved into my reliable list?
- Which foods are still uncertain and worth retesting?
- Am I avoiding any foods because of one unclear flare?
- Have brands, recipes or supplements changed?
- Are non-food factors explaining some of my flares?
- Is my diet still varied enough to meet my needs?

Get extra support if...

- Your comfortable-food list keeps shrinking despite unclear tests.
- You are losing weight unintentionally or struggling to eat enough.
- Eating, shopping or meals away from home are causing significant fear.
- You have removed several major food groups without a reintroduction plan.

Notes / next foods to test

Useful next steps

Read: www.ically.life/post/the-ultimate-ic-food-list-triggers-safe-foods

Use: www.ically.life/post/ic-elimination-diet-find-food-triggers

Explore patterns: phenotype-aid.ic-ally.com