



Food Reintroduction – Symptoms Tracker

Patient Name _____ Date _____

Reintroduce only one new food at a time. Eat it 2-3 times in the same day, stop eating it, then wait 48 hours to see if you have a reaction. Assess your response over that time, keeping track of your symptoms below. If there is no reaction to a food, you can keep that food in your food plan and continue with the next food for reintroduction. If you are unsure whether you had a reaction, retest the same food in the same manner. If you require more space, copy the blank chart for a second page.

	DAY 1	DAY 2	DAY 3	DAY 4
Time				
Food				
Digestion/Bowel Function				
Joint/Muscle Aches				
Headache/ Pressure				
Nasal or Chest Congestion				
Kidney/Bladder Function				
Skin				
Energy Level				
Sleep				
Other Symptoms				



Elimination Diet—Bibliography

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Identifies Food Triggers

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