

Instructions for Reintroducing Food

After 3 weeks on an elimination diet, it is time to reintroduce all of the food you have removed during the program. The purpose of doing this very slowly is to find out if you have any food sensitivities. Sometimes it's hard to know if you feel better off of a certain food, however, keep in mind that the most important part of the experiment comes when you reintroduce it again. It is an opportunity to really feel the effects of the food in your body and have what we call an "Ah Ha!" moment if you have a reaction. If you follow the instructions below, and have a physical or emotional response to a particular food, you know that you have a food sensitivity to this food. Here are your instructions:

- » Introduce one food at a time. Eat that food several times over 2 days. Observe on day 3. If no reaction, add the next food on day 4.
- » If you do have a reaction, such as headache, rash, brain fog, fatigue, digestive reaction or other symptom you are familiar with, write it down in the food reintroduction chart below or a food journal so you don't forget later. (A place you keep notes on your PDA will work fine.)
- » If you discover a particular food isn't good for you, remove it again. The food reaction should go away within a day or 2.

Then it is time to try the next food.

When you have finished reintroducing all the foods you had removed, you have finished the program. Congratulations! As you return to your every day life, you need to remember to avoid those foods that triggered a reaction when you ate them again. Some of you might be okay using the 90% rule (90% of the time don't eat the food, allowing it on rare occasions), while others will need to be more vigilant and remove these foods 100%. It depends on how severe your reaction was and how sick you are.

Food Reintroduction Response Chart

Describe your reaction to each food in the chart below.

Date	Example			
Time	7am			
Food	bread			
Digestion/ Bowel function	constipation, gas			
Joint/ muscle aches	none			
Headache / Pressure	Brain Fog			
Nasal or Chest Congestion	none			
Energy Level	Anxious			
Weight	+2lbs			
other	Itchy Eyes			

You can insert different headings on this chart to correspond with whatever signs or symptoms that you may display. Important indicators that must be charted include: digestion, bowel function, and energy level. Monitor your weight as it can often increase due to ingesting allergenic food. If you require more space use the back of this sheet and clearly mark the day, the food and your symptoms. If you are unsure if you had a reaction, go back and retest the same food in the same manner.