

# REINTRODUCING FOODS AFTER AN ELIMINATION DIET

Experimenting with diet by removing foods can be an excellent way to determine what foods may be contributing to symptoms. Foods can be removed for at least 2-4 weeks, and possibly longer depending on what you and your practitioner are looking to accomplish. Assuming symptom improvement after 3-4 weeks, then when we reintroduce a problem food that we haven't eaten for a short time, we might notice a much stronger reaction than we have ever noticed before. This is the body saying, "Hey, wait, I was feeling pretty good without this! Why are we putting this back in?" It's ok if you have that kind of reaction - it's a clue as to what is going on, and does not mean this will keep happening forever.

## HOW TO CHALLENGE TEST AN ELIMINATED FOOD

### 1 REINTRODUCE

Reintroduce just 1 food at a time in its whole, isolated form (e.g. cooked egg white, not egg baked into bread). Write down the food on the Reintroduction Tracking Form (page 2). Eat 1 serving of this same type of food twice per day for 3 days, though stop sooner if you notice symptoms arise.

### 2 OBSERVE

Observe your body for any changes: a difference in bowel movements, bloating, reflux, skin flares (acne, eczema, rash), itching ears, runny nose, watery eyes, headache, increased anxiousness, sudden anger or aggressiveness or sadness, joint discomfort or swelling, tiredness or fatigue, increased heartbeat, or anything else out of the ordinary. Please read the hidden symptoms of food sensitivities handout to know what to watch out for.

### 3 WAIT

Wait 3 to 5 days and continue to monitor for any unusual symptoms. If there are no symptoms, that food is likely well-tolerated and can be included back into your diet.

### 4 FOR ANY REACTIVE FOODS, CONTINUE TO ELIMINATE

If you did notice an issue, make a note and continue to avoid that food for another 2 to 4 months (depending on the severity of the reaction) while working on gut healing. Wait for any symptoms to resolve, then move on to the next food, starting again with step 1.

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## FOOD REINTRODUCTION TRACKING FORM

Use this form to keep track of what you reintroduce, since it can be very hard to remember. Be sure to note exactly what you notice, even if you're not sure a symptom is connected to a reintroduced food.

Symptoms can be noticed in changes in digestion or urination, joints or muscles, congestion, skin eruptions or texture, mood or anxiety, sleep, energy, and more.

Date	Reintroduced Food & Quantity	Symptoms Noted