

Elimination Diet Symptom Tracker

After not consuming any of the 8 common food allergen/food sensitivities for a two week period, you will begin the reintroduction phase by adding each food back into your diet one at a time. For two days, eat one serving of the food you are reintroducing with each of your three meals while noting any reaction (symptom list available on website.) If at any time during the reintroduction phase you react before the two days are finished, you should stop consuming that food and note it as an allergen/food sensitivity. Following any reaction to a food, wait five days for the food to completely digest and clear your system before reintroducing the next food. If there is no reaction, wait two days before reintroducing the next food. This time period is needed in order to determine if there is any delayed reaction to the food due to sluggish digestion. Repeat this process until all 8 foods have been reintroduced. For more details, please visit <http://www.8foodallergensfreedelicious.com/elimination-diet.html>

		Serving 1	Serving 2	Serving 3	Serving 4	Serving 5	Serving 6
Wheat/ gluten	date:						
	meal:						
Eggs	notes:						
	date:						
	meal:						
	notes:						

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Soy	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:
Milk/Dairy	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:
Peanuts	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:

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Tree Nuts	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:
Fish	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:
Shellfish	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:	date: meal: notes:

* If you have a known allergy which leads to an anaphylactic reaction, do not consume that food. If you have consumed that food, call emergency services, such as 911, immediately.

* If you have multiple known allergies, please consult your primary care physician or allergies before starting the Elimination Diet program.