



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 | | | | |