



## Elimination Diet Log

### Before You Begin...

Assess your current status. Make a list of symptoms, rate them on a scale of 1 to 10 of how problematic they are and make some notes about each symptom. For example:

<u>Symptom</u>	<u>Rating</u>	<u>Comments</u>
Fatigue	8	<i>I have to take a nap every day.</i>

### Week 1: How are you feeling?

Journal about any physical or mental symptoms you are experiencing. Please remember that the first week is the most difficult, and you might find that you are actually feeling worse as opposed to better. Stick with it!

### Week 2: Evaluation of Symptoms

Revisit your original symptom list and record the date/re-rate how each symptom is on a scale of 1 to 10, compare to your original list. Has anything improved?

### **Week 3: Final Evaluation**

If your symptoms have improved so significantly that you do not wish to reintroduce the problematic food then don't! Start thinking about your next steps, evaluate any changes to original symptoms and think about which food you'll re-introduce first. \*This is a good time to touch base with your primary care provider or visit the GFP Support area.

### **Day 22: Reintroduction**

Food # 1. Eat one of the eliminated foods three times for the first day, and log any symptoms: physical, skin or neurological after:

- a. 1 hour after ingestion:
  
- b. 3 hours after ingestion:
  
- c. 1 day:
  
- d. 2 days:
  
- e. 3 days:

\* If you experience uncomfortable symptoms after the first ingestion/first day please don't feel like to need to continue eating this food! This is another good time to revisit with your healthcare provider. If you do not notice any changes after you add the first food back in, move onto the second food and follow the same steps.

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