

ELIMINATION DIET DIARY

Elimination diets are helpful tools to use when determining which foods may be causing sensitivities, allergies, or intolerances and irritating the gut. Even if you have done this in the past, remember, reactions can develop or change over time – so what was once true for you years ago may not be the case today.

Use this worksheet as a guide to track when you eliminate and reintroduce foods, noting any reactions or symptoms that may occur throughout the process.

Most elimination diets last three to six weeks. It is believed that it takes three to four weeks after exposure for the body to decide that the offending food is no longer a threat and to, therefore, stop creating new antibodies. However, any existing antibodies can last in your system from weeks to years. In some cases, it may also be necessary to work on strengthening the gut lining, as a variety of intolerances can occur as the result of a leaky gut with poorly digested food particles aggravating the system. This is something that should be evaluated by a doctor.

AS BIO-INDIVIDUALS, WE CAN EXPERIENCE REACTIONS TO ANY TYPE OF FOOD, BUT THE FOLLOWING ARE THE MOST COMMON OFFENDERS:



Chocolate



Coffee



Corn



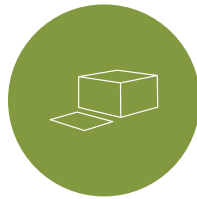
Dairy



Eggs



Gluten



Soy

Additionally, it's helpful to consider the foods that you eat most frequently, as these can also be suspect!

An elimination diet can involve temporarily removing just one or a variety of foods at once. The more foods you remove, the more likely you'll be able to clearly identify any intolerances, as long as you stick to the diet and add foods back one at a time. However, if eliminating multiple foods, it's important to ensure that proper nutrition is being upheld. Extensive elimination diets should be done with the support and guidance of a licensed nutritionist.

After three to six weeks, start reintroducing **one** food back at a time each week. Keep track of all physical, emotional, and mental reactions during this time so that you can easily pinpoint which food(s) may be causing the reaction.

FOOD ELIMINATED:

Date of elimination:

Reactions:

Date reintroduced:

Reactions:

FOOD ELIMINATED:

Date of elimination:

Reactions:

Date reintroduced:

Reactions:

FOOD ELIMINATED:

Date of elimination:

Reactions:

Date reintroduced:

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