

Sample Food Reintroduction Plan

If your symptoms have not resolved, there is still more healing to be done and this is likely not the best time to try to reintroduce foods. If your symptoms have resolved, you may reintroduce the following foods in the order provided, **one food at a time**, in accordance with the steps below. Where two or more are listed, select just one.

Beef	Strawberries	Green beans
Egg	Macadamia nuts (20 each)	Sugar snap or snow peas
Shellfish	Macadamia nut oil	Other legumes
Pork	Sesame seed oil	Tomato or tomatillo
Lemon or lime	Hazelnuts (10 each)	Okra
Orange, tangelo, or tangerine	Seed-based spices (no paprika or chili powder)	Eggplant

1. Choose 1 food every 5 days to eat for only 1 day.
2. Monitor yourself for symptoms during this process and record all foods and reactions in your journal.
3. Eat a tiny bite of the food and wait 15 minutes. **If at any time you have symptoms, don't eat any more of that food and wait until symptoms resolve to start over with another food.**
4. If you have no symptoms, eat a little bit bigger bite and wait 2-3 hours.
5. If you have no symptoms, eat a normal-sized portion of the food by itself or as part of a meal.
6. Do not eat that food again for the next 4 days and don't reintroduce any other foods during the next 4 days.
7. If you have no symptoms during the next 4 days, you may reincorporate this food into your diet.

Watch for any reactions including:

Brain fog	Depression/anxiety/mood swings	Diarrhea/constipation
Sleep changes or disruptions	Fatigue	Gas/bloating
Heightened emotions	Joint or muscle pain	Mood swings
Dizziness	Sleepiness after meals	Headache
Nausea	Food particles in stool	Heartburn
Changes in skin: rash, acne, dry skin, small pink bumps or spots	Dry hair or nails	Increased mucus: phlegm, runny nose, or post-nasal drip

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