Food

Re-introduction

Phase

By Village Naturopathic Clinic



172 Wortley Rd. London, ON N6J 3Y1 | 226-270-1255 | www.villagenaturopaths.com

In Co-operation with Lennie MacLeod, Health Chef & Coach

At the end of the elimination phase (3 weeks) you can begin to reintroduce foods, ONE

by ONE, and record all symptoms that you experience.

For each food reintroduced, you will eat that food for **TWO out of three meals for THREE days in a row** (i.e. lunch and dinner for 3 days in a row). It is important to overload your system and observe how it reacts (i.e. nibbling on bits of bread wont illicit a reaction, and may only mask your intolerance).

If you notice **any** reaction (i.e. fatigue, changes in bowel habits, restless sleep, anxiety, headaches, skin rash, joint pain) record it and stop eating that food immediately. **Symptoms may be subtle!** If you notice even the slightest change,

make note of it.

You can use the symptom tracking chart provided below to help you

(page 2 and 3 of this file). If, at the end of three days, you notice no change in any of

your symptoms, you may continue to eat that food and reintroduce the next item on

the list.

The proposed order of reintroduction on this list is merely a suggestion. We have

placed 1-5 first, because these tend to be the most common types of intolerances that

we have noted in our patients over the years.

1. Wheat /gluten grains

2. Dairy

3. Eggs

4. Soy

5. Corn

6. Red meat

7. Citrus fruit

8. Nightshade vegetables (peppers, eggplant, tomato, potato)

9. Strawberries, melons and other fruits

10. Peanuts, cashews and other nuts

11. Dried fruits

12. Sugar

13. Alcohol

Please discuss an appropriate follow up plan with your naturopathic doctor at this

Point.

See “symptom tracking chart below”

Symptom Tracking Chart

|  |  |  |  |
| --- | --- | --- | --- |
| NEW/RETURN of OLD  SYMPTOMS | Day 1-3  Food introduced: | Day 4-6  Food introduced: | Day 7-9  Food introduced: |
| Gut (bloating, gas, cramp) |  |  |  |
| Bowel function  (stool consistency, frequency) |  |  |  |
| Headache |  |  |  |
| Congestion |  |  |  |
| Skin |  |  |  |
| Energy level |  |  |  |
| Joint pain |  |  |  |
| Muscle pain |  |  |  |
| Other |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| NEW/RETURN of OLD  SYMPTOMS | Day 10-12  Food introduced: | Day 13-15  Food introduced: | Day 16-18  Food introduced: |
| Gut (bloating, gas, cramp) |  |  |  |
| Bowel function  (stool consistency, frequency) |  |  |  |
| Headache |  |  |  |
| Congestion |  |  |  |
| Skin |  |  |  |
| Energy level |  |  |  |
| Joint pain |  |  |  |
| Muscle pain |  |  |  |
| Other |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| NEW/RETURN of OLD  SYMPTOMS | Day 19-21  Food introduced: | Day 22-24  Food introduced: | Day 25-27  Food introduced: |
| Gut (bloating, gas, cramp) |  |  |  |
| Bowel function  (stool consistency, frequency) |  |  |  |
| Headache |  |  |  |
| Congestion |  |  |  |
| Skin |  |  |  |
| Energy level |  |  |  |
| Joint pain |  |  |  |
| Muscle pain |  |  |  |
| Other |  |  |  |