Food Reintroduction Symptom Tracker

Identifying problematic foods at the end of your cleanse program is a wonderful gift. You've worked hard to achieve your results, now is the time to expand your understanding of how foods might be affecting your ability to be healthy. By keeping track of your symptoms you'll be able to identify which foods to stay away from while you continue to rest and heal your gut, and which foods you might want to rotate.

Gluten (wheat, rye, barley), dairy, eggs, and soy are a few of the most common food sensitivities. Begin by reintroducing one at a time and eat that food for 3 days. Then observe for 3 more days and record any symptoms. On the 7th day reintroduce the next food.

For example when introducing dairy on the first day you might have a PaleoMeal (whey protein) smoothie, on day two yogurt or kefir, on day three cheese, while paying attention and recording your symptoms.

Keeping a diet diary during this time would be especially helpful.

Week 1 Food Introduced:

❑ Gut – pain, bloating, gas _____

❑ Bowel changes _____

❑ Headache _____

❑ Congestion _____

❑ Fluid retention _____

❑ Skin _____

❑ Energy level _____

❑ Joint or muscle pain _____

❑ Brain function _____

❑ Mood _____

❑ Other _____

Week 2 Food Introduced:

- ❏ Gut – pain, bloating, gas _____
- ❏ Bowel changes _____
- ❏ Headache _____
- ❏ Congestion _____
- ❏ Fluid retention _____
- ❏ Skin _____
- ❏ Energy level _____
- ❏ Joint or muscle pain _____
- ❏ Brain function _____
- ❏ Mood _____
- ❏ Other _____

Week 3 Food Introduced:

- ❏ Gut – pain, bloating, gas _____
- ❏ Bowel changes _____
- ❏ Headache _____
- ❏ Congestion _____
- ❏ Fluid retention _____
- ❏ Skin _____
- ❏ Energy level _____
- ❏ Joint or muscle pain _____
- ❏ Brain function _____
- ❏ Mood _____
- ❏ Other _____

Week 4 Food Introduced:

- ❏ Gut – pain, bloating, gas _____
- ❏ Bowel changes _____
- ❏ Headache _____
- ❏ Congestion _____
- ❏ Fluid retention _____
- ❏ Skin _____
- ❏ Energy level _____
- ❏ Joint or muscle pain _____
- ❏ Brain function _____
- ❏ Mood _____
- ❏ Other _____