
Fleur Brown Nutrition

"personal-nutritional-solutions"

Food Reintroduction Diary

FOOD REINTRODUCTION – REACTION DIARY

Track the food you are introducing and note how you feel. Record reactions (physical and emotional) over the two days. If all is OK, then you can reintroduce the food to your diet. Otherwise avoid and re-test later

Day 1: Introduce twice at different times

Day 2: Don't eat the food but record reactions

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|---|---|
| <u>Food introduced:</u> <u>Date:</u> | <u>Tick when eaten:</u> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Snack <input type="checkbox"/> |
| <u>Day 1 Reactions:</u> | <u>Day 2 Reactions (without eating the food)</u> |