

# Traditional Food Elimination Diet

BEGINNERS GUIDE



# Traditional Elimination Diet

Food intolerances and sensitivities are extremely common, and an elimination diet is considered the Gold Standard for helping to identify food sensitivities. This is because it is an inexpensive and effective method to pinpoint food intolerances, sensitivities, and allergies.

A traditional elimination diet can be helpful in identifying food intolerances, where certain foods are processed differently by your body and can lead to gastrointestinal discomfort or other symptoms.

It has 3 phases and can last between 2-6 weeks. 3 weeks is the most popular time frame.

The low-FODMAP diet is another dietary approach, primarily used to help diagnose irritable bowel syndrome (IBS). This particular diet restricts specific carbohydrate types known to trigger gastrointestinal discomfort in those who have IBS.

An elimination diet is commonly used to identify various food triggers that can cause a range of health issues and symptoms. These include but are not limited to bloating, brain fog, diarrhoea, fatigue, headaches, inflammation, joint pain, and rashes.

It's important to understand that food intolerances and allergies are NOT the same. While food allergies can trigger a potentially harmful immune response, food intolerances don't usually involve this reaction.

When following an elimination diet, specific foods you suspect your body may not tolerate well are removed.

Afterwards, the foods are reintroduced gradually, one by one, while keeping a close watch for any signs of adverse reactions.

When following elimination diets, it is crucial to work with a nutrition professional to prevent potential nutritional deficiencies that may arise due to the diet's restrictive nature.

Please remember that an elimination diet is a temporary solution to pinpoint the specific foods contributing to your symptoms. The aim is not to implement a permanent restrictive diet.

# Benefits of an Elimination Diet

**If you're dealing with symptoms like bloating, headaches, gas, or skin breakouts and want to figure out if specific foods are causing these issues, this dietary approach could be very helpful.**

**Elimination diets can provide you with the knowledge to make long-term, sustainable dietary changes.**

To improve your overall health and well-being, you can try removing certain foods from your diet and carefully monitor how your body reacts. Doing so will give you valuable insights into which foods may be causing digestive problems or other symptoms.

This knowledge can help you make more informed food choices and better understand how your body responds to different foods.

Unfortunately, many people make assumptions about the causes of their symptoms without first trying an elimination diet. As a result, they may eliminate foods that are actually beneficial without addressing the underlying issue that's causing their discomfort.





# Common Symptoms That May Benefit from an Elimination Diet

## GASTROINTESTINAL ISSUES

- Bloating
- Gas
- Stomach pain or cramping
- Constipation
- Diarrhoea
- Heartburn or acid reflux

## SKIN PROBLEMS

- Dry patches
- Breakouts
- Redness
- Eczema
- Acne
- Rashes
- Hives

## RESPIRATORY ISSUES

- Asthma
- Nasal congestion
- Sinus problems
- Chronic cough

## MOOD DISTURBANCES

- Anxiety
- Depression
- Irritability
- Difficulty concentrating or brain fog
- Difficulty sleeping
- Fatigue

## OTHER

- Migraines or headaches
- Fatigue or low energy levels
- Joint pain or inflammation
- Symptoms of ADHD
- Obesity

Undertaking an elimination diet can prove helpful if you are experiencing various food-related symptoms.

Some common indications that suggest potential benefits from an elimination diet are:



## please note:

It's important to remember that various other factors can cause these symptoms besides food sensitivities or intolerances. Therefore, seeking advice from a healthcare expert before embarking on an elimination diet is crucial to ascertain if it's the right approach for your circumstances.



# Who should avoid attempting an elimination diet?

## PEOPLE WHO HAVE CONCERNS ABOUT POTENTIAL FOOD ALLERGIES

It's important to differentiate between food allergies and sensitivities. While allergies involve the immune system, sensitivities are related to the gut. People with sensitivities may be able to tolerate minimal amounts of a particular food without encountering any symptoms.

This is NOT the case with food allergies - these can be life-threatening. People who suspect they may have allergies are advised to seek testing from an allergist rather than relying on an elimination diet as a solution.

## PREGNANCY

For a healthy pregnancy, it's important to consume a variety of nutrients. It's not advisable to make drastic changes to the diet, and it's best to refrain from imposing a complete elimination diet during pregnancy. Although, some changes to the diet can be made under the supervision of a nutrition professional if pregnancy symptoms like reflux, constipation and bloating are bothersome.

## EATING DISORDERS

While an elimination diet may be helpful for certain individuals with eating disorders, it is important to recognise that only qualified professionals with expertise in eating disorder recovery should offer such guidance.

## CELIAC DISEASE

Elimination diets may benefit some people with identifying food sensitivities, but with celiac disease, the focus should be on maintaining a strict gluten-free diet while working with an experienced healthcare professional to ensure optimal nutrient intake.

## CHILDREN

It's important for children to have a diverse range of foods to support their growth, development, and overall well-being. As such, it's not advisable for children to engage in restrictive diets like elimination diets without the guidance and supervision of a paediatrician and a qualified medical nutrition expert.

## RAPID WEIGHT LOSS

Elimination diets are not usually recommended for those seeking rapid weight loss. Instead, a more balanced, sustainable approach to weight loss, such as incorporating regular physical activity and making gradual, healthy dietary changes is better.

# How elimination diets work...

**A food elimination diet involves identifying and eliminating specific foods from your diet that may be causing adverse reactions, such as \*allergies, sensitivities, or intolerances.**

\*However, it is important to note: if you have a known or suspected food allergy, attempting an elimination diet should ONLY be done under the guidance of a medical professional.

Reintroducing a food allergen could result in a severe and potentially life-threatening reaction called anaphylaxis.

**The elimination diet consists of 3 distinct phases:**

1. Preparation
2. Elimination
3. Reintroduction.

## Phase 1: Preparation:

The Preparation Phase is the initial step in the elimination diet process, setting the groundwork for the entire process. During this phase, you will use a journal to track daily meals, symptoms, bowel movements, mood, energy levels, exercise, sleep, hydration, and stress levels for a minimum of 7-10 days. By carefully monitoring these factors, you can identify patterns and potential triggers that will be useful as you transition into the next phase.

## Phase 2: Elimination:

The core of the diet is the Elimination Phase, during which specific foods commonly associated with food sensitivities, allergies, or intolerances are removed from your diet. These foods may include dairy, gluten, soy, eggs, corn, sugar, and caffeine. This phase usually lasts for 2-4 weeks. Throughout this period, you will keep track of your daily meals, symptoms, and other factors in your journal to monitor any changes in your overall health and well-being.

Important: Based on the knowledge gained in Phase 1, you can customize the Elimination Phase to pinpoint the specific foods that trigger your symptoms, thereby increasing the effectiveness and personalization of the diet.

## Phase 3: reintroduction:

During the Reintroduction Phase, you will slowly reintroduce the foods that were previously eliminated from your diet, one by one.

This way, you can carefully monitor your body's reaction to each food and assess if it causes any symptoms or reactions. It is essential to observe and record any changes in your mood, overall health, and symptoms in your journal with each reintroduction.





PREPARATION PHASE

# phase one

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# Preparation Phase (7-9 days)

**The Preparation Phase is the first and essential step in the food elimination diet process. This phase is crucial in laying the foundation for the entire diet and should not be ignored or overlooked.**

**During this phase, it is recommended to maintain a journal for a minimum of 7 days to record your meals, snacks, symptoms, bowel movements, mood, energy levels, exercise, sleep, hydration, and stress levels on a daily basis. By carefully journalling, you can identify patterns and potential food triggers causing symptoms.**



Taking the time to plan and prepare beforehand can greatly enhance the chances of success, instead of rushing in without any prior consideration.

In the Preparation Phase, your primary focus will be on accomplishing these essential tasks:

1. **Start a Food Diary:** To personalise your elimination diet, it's important to keep a food journal and record your daily food intake. A food journal can help you pinpoint potential trigger foods and decide which ones to eliminate during Phase 2 - The Elimination Phase.
2. **Track your sleep & stress:** When you're following an elimination diet, it's crucial to keep track of your sleep and stress levels in your journal. This personalised approach will help tailor your diet to your specific requirements, as these factors can significantly impact your body's reaction to food.
3. **Plan Ahead:** Planning your meals ahead of time is a wise approach. This can be done by researching and preparing recipes, making grocery lists, and organising your kitchen. Establishing a meal plan, decluttering your fridge and cabinets, stocking up your pantry, and reducing processed food consumption will facilitate a seamless transition into the Elimination Phase.

It is important to keep in mind that a properly planned beginning lays the groundwork for a successful elimination diet journey.

Before starting an elimination diet, it is important to begin with journaling. A guide is provided on the next page to help you keep a thorough record of your food consumption, symptoms, and other relevant details.

This will enhance the effectiveness of your elimination diet experience...

# How to Complete the Preparation Phase Journal for Phase 1

The Preparation Phase Journal is a crucial first step in preparing for a food-elimination diet. In this phase, you will record your daily meals, symptoms, bowel movements, mood, energy levels, exercise, sleep, hydration, and stress levels.

By tracking these factors, you can identify patterns and make informed decisions as you progress into Phase 2 - the elimination phase.

## 1 RECORD YOUR MEALS

- Please document the foods and drinks that were consumed during each meal, including breakfast, lunch, dinner, and any snacks..

## 2 TRACK SYMPTOMS

- Note any digestive symptoms experienced within 1 hour of eating each meal.

## 3 BOWEL MOVEMENTS

- Record whether you have opened your bowels today.
- Use the Bristol Stool Chart as your guide to document the type of bowel movement.
- Record the time of day (morning, afternoon, evening) and the number of times.

## 4 MOOD AND ENERGY LEVELS

- rate your mood 1 hour after eating/drinking on a scale of 1-5 (1 indicates a low mood and 5 indicates a very positive mood).
- also rate energy levels on a scale of 1 to 5 (1 being low energy and 5 being high energy).

## 5 EXERCISE

- Write down the type and duration of any physical activity.

## 6 SLEEP

- record the exact time you went to bed and woke up.
- Give your sleep quality a rating from 1-10 (1 representing wakefulness throughout the night and 10 indicating uninterrupted sleep).
- Calculate the total number of hours you slept.

## 7 HYDRATION

- Keep track of the amount of water you drink throughout the day.

## 8 STRESS LEVELS

- Rate your current stress levels on a scale of 1 to 10 (1 indicating complete relaxation and 10 representing extreme stress). For further details, please refer to the guide provided on stress levels.

## 9 ANALYZE YOUR JOURNAL

- Once you've finished journaling during the Preparation Phase for at least 5-7 days, take some time to go through your entries and look for any patterns or food triggers that may be present. This information will enable you to customise Phase 2, the elimination phase. make a record of your potential food triggers.

# Record Your Identified Food Triggers

Document identified trigger foods to help you keep track of your findings during the elimination diet process.



1

**Food Item:** List the specific food or ingredient identified as a trigger.

2

**Date Identified:** Record the date when you confirmed the food as a trigger.

3

**Symptoms Experienced:** List the specific symptoms experienced after eating the trigger food (e.g., bloating, headache, skin rash, etc.).

4

**Severity of Symptoms:** Rate the severity of symptoms on a scale of 1-10, with 1 being mild and 10 being severe.

5

**Reaction Time:** Note the approximate time it took for symptoms to appear after consuming the trigger food (e.g., 30 minutes, 2 hours, etc.).

Date & Time

Food/Drink

Symptoms

Severity of symptoms

reaction Time



# Preparation Phase 1 Food Journal

DATE:

[illegible]

# Stress Levels Guide

**Rate your stress levels on a scale of 1-10 (1 being completely relaxed and 10 being extremely stressed).**

**Use the following guide for the stress scale:**

1 - Completely relaxed

2 - Mildly relaxed

3 - Slightly relaxed

4 - A bit tense

5 - Moderately tense

6 - Fairly stressed

7 - Quite stressed



8 - Highly stressed

9 - Very highly stressed

10 - Extremely stressed



Notes: Use this section to record any additional information or observations, such as:

- What may be causing your stress.
- Ways of dealing with stress, including coping mechanisms and relaxation techniques.
- Acknowledge that it's impossible to eliminate stress completely, but finding ways to reduce it or manage it is essential for overall health.

# Bristol Stool Chart

## TYPE 1

### SEVERE CONSTIPATION

Separate hard lumps, hard to pass



## TYPE 2

### MILD CONSTIPATION

Lumpy & sausage shaped



## TYPE 3

### NORMAL

Sausage shape with cracks  
in the surface



## TYPE 4

### NORMAL

Like a smooth, soft  
sausage or snake



## TYPE 5

### LACKING FIBRE

Soft blobs with clear-cut  
edges. Passes easily



## TYPE 6

### MILD DIARRHOEA

Mushy consistency  
with ragged edges



## TYPE 7

### SEVERE DIARRHOEA

Liquid consistency with no solid pieces



\*Use the chart on the next page to monitor your bowel movements. Do this for 7 days to see if you have a pattern.



ELIMINATION PHASE

# phase two

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# Elimination Phase (3 weeks)

During the elimination phase, it is recommended to temporarily remove foods that may be causing your symptoms, usually for a period of 2-3 weeks.

It is advisable to omit the foods you identified as potential triggers in your food journal from Phase 1.

Additionally, it is advantageous to contemplate eliminating typical trigger foods such as gluten, dairy, soy, coffee, and sugar.

You can eliminate one or more foods based on your personal requirements and observations made during the Preparation Phase.

As you continue to move forward in this phase, you may begin to see some positive changes in a short amount of time.

In just a matter of days or weeks, you may observe improvements such as clearer skin, a boost in energy, more consistent bowel movements, better sleep, and other benefits.



While these improvements are encouraging, they only sometimes confirm the Elimination Phase's effectiveness.

Making changes like incorporating more whole foods, decreasing the intake of highly processed foods, and managing portion sizes can positively impact energy levels, reduce gastrointestinal symptoms, and enhance your overall well-being.

Determining if you have a food sensitivity will occur in the Reintroduction Phase.

It's important to remember that not everyone will experience immediate improvement.

Some people may actually feel worse initially as they withdraw from caffeine, sugar, and other food components before eventually noticing any positive changes.



# The Most Common Food Offenders Include



**PEANUTS**



**DAIRY**



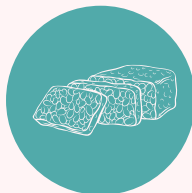
**EGGS**



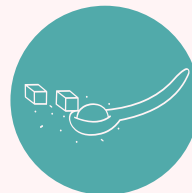
**COFFEE**



**GLUTEN**



**SOY**



**SUGAR**



# Common Foods to Consider Eliminating

It is crucial to eliminate certain foods that cause allergic and inflammatory reactions, commonly known as food triggers.

An excellent way to avoid overwhelming changes is by customising your approach to suit your particular symptoms and food triggers identified in Phase 1.

<input type="checkbox"/> Alcohol	<input type="checkbox"/> Shellfish
<input type="checkbox"/> *All gluten containing foods	<input type="checkbox"/> Sugars/Sweeteners
<input type="checkbox"/> Caffeine	<input type="checkbox"/> ***Soybeans, soybean products
<input type="checkbox"/> Condiments - Sauces	
<input type="checkbox"/> Corn	
<input type="checkbox"/> Dairy products	<input type="checkbox"/> _____
<input type="checkbox"/> Dried/canned fruits	<input type="checkbox"/> _____
<input type="checkbox"/> Eggs	<input type="checkbox"/> _____
<input type="checkbox"/> ****Fats & Processed Oils	<input type="checkbox"/> _____
<input type="checkbox"/> Fatty meats	<input type="checkbox"/> _____
<input type="checkbox"/> Fermented foods	<input type="checkbox"/> _____
<input type="checkbox"/> Fried, fatty foods	<input type="checkbox"/> _____
<input type="checkbox"/> Hydrogenated oils	<input type="checkbox"/> _____
<input type="checkbox"/> **Nightshade veggies	<input type="checkbox"/> _____
<input type="checkbox"/> Peanuts/peanut butter	<input type="checkbox"/> _____
<input type="checkbox"/> Processed meats	<input type="checkbox"/> _____
<input type="checkbox"/> Processed fish - fish sticks etc	<input type="checkbox"/> _____

\*Gluten - Barley, rye, wheat, (some) oats. Oats are naturally gluten free however sometime they're contaminated with gluten during processing/farming.

\*\*Nightshade veggies - eggplant, peppers, tomatoes, white potatoes

\*\*\*Soy products - edamame, tofu, tempeh, soy based meat substitutes etc

\*\*\*\*Butter, canola oil, margarine, mayonnaise, hydrogenated oils





# Food Options To Include

I understand that you may be concerned about your diet's restrictions. However, I assure you that plenty of delicious options are still available for you to enjoy.

Fortunately, numerous other foods are beneficial. For instance, it's acceptable to include the following items (this is not an exhaustive list) in suitable serving sizes:

<input type="checkbox"/> Almond milk	<input type="checkbox"/> Nut butters - except peanut
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Olives
<input type="checkbox"/> Avocado	<input type="checkbox"/> Olive oil
<input type="checkbox"/> Avocado oil	<input type="checkbox"/> Parsnip
<input type="checkbox"/> Chicken	<input type="checkbox"/> Quinoa
<input type="checkbox"/> Coconut (unsweetened)	<input type="checkbox"/> Rice milk
<input type="checkbox"/> Coconut oil	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Beans	<input type="checkbox"/> **Seeds
<input type="checkbox"/> Beets	<input type="checkbox"/> Squash
<input type="checkbox"/> Broths	<input type="checkbox"/> Sweet potato
<input type="checkbox"/> Brown rice	<input type="checkbox"/> Turkey
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Turnip
<input type="checkbox"/> Flaxseeds, chia seeds, sesame seeds	<input type="checkbox"/> *Vegetables (except nightshades)
<input type="checkbox"/> Fresh fish	<input type="checkbox"/> _____
<input type="checkbox"/> Fruits - fresh or frozen	<input type="checkbox"/> _____
<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> _____
<input type="checkbox"/> Hemp milk	<input type="checkbox"/> _____
<input type="checkbox"/> Lentils	<input type="checkbox"/> _____
<input type="checkbox"/> Millet	<input type="checkbox"/> _____
<input type="checkbox"/> Nuts - except peanuts	<input type="checkbox"/> _____

\*Vegetables except white potatoes, eggplant, tomatoes, peppers

\*\*Seeds - Pumpkin, chia, flax, sesame etc





REINTRODUCTION PHASE

# phase three

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# Reintroduction Phase: What to Expect

The elimination diet isn't meant to exclude your listed foods forever - that would be far too restrictive.

Once you have completed Phase 2 and eliminated potential food triggers, it is time to reintroduce them back into your diet.

The objective is to gradually reintroduce these foods, one by one, while paying attention to your body's response to determine any sensitivities.

During the Reintroduction Phase, paying attention to your overall health and symptoms is essential.

Also, keeping track of important factors such as sleep quality, mood, energy levels, digestion, and bowel habits is recommended.



# Signs to Watch for When Reintroducing Foods

During the elimination diet, it's important to carefully monitor any symptoms or reactions when reintroducing foods. This will help determine if a food is safe to permanently reintroduce or if it should continue to be excluded from the diet. Be on the lookout for the following signs:

- ✓ Anxiety
- ✓ Bloating
- ✓ Bowel changes - diarrhoea/constipation
- ✓ Difficulty sleeping
- ✓ Eczema flareup
- ✓ Fatigue - change in energy levels
- ✓ Gas
- ✓ Headaches
- ✓ Heartburn/reflux
- ✓ Itchy/irritated eyes
- ✓ Itchy skin
- ✓ Joint pain
- ✓ Nasal congestion
- ✓ Nausea
- ✓ Skin breakouts
- ✓ Stomach discomfort/pain
- ✓ Skin rash/irritation
- ✓ Sinus problems
- ✓ Wheezing



It's important to introduce only one food during the reintroduction phase and wait for 3 days before introducing another. This helps to identify any possible reactions to the reintroduced food with greater accuracy.



# Reintroduction Phase: Introducing Foods

## FOLLOW A 3-DAY CYCLE FOR REINTRODUCING FOODS:

Day 1: Introduce a new food into your diet by having at least two servings at different times throughout the day. As an example, if you're reintroducing eggs, you could have two scrambled eggs for breakfast and two hard-boiled eggs for lunch.

Days 2 & 3: Stop eating the reintroduced food (e.g. eggs).

Day 4: The next steps will depend on the experience you gained during Days 2 and 3.

- Once you start feeling great and symptom-free, consider reintroducing a new type of food such as soy for a day while following the same three-day cycle.
- If you are still having symptoms, it is advisable to wait until they have subsided before reintroducing any other food.





# Food Elimination Diary



# LIST OF FOODS REMOVED

During the removal phase of an elimination diet, you stop eating 1 or more foods you have identified problematic through a food diary and symptoms.

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____



# Elimination Diary

FOOD/DRINK REMOVED	
<b>Date:</b> <b>Symptoms:</b>	<b>Date reintroduced:</b> <b>Symptoms:</b>

FOOD/DRINK REMOVED	
<b>Date:</b> <b>Symptoms:</b>	<b>Date reintroduced:</b> <b>Symptoms:</b>

FOOD/DRINK REMOVED	
<b>Date:</b> <b>Symptoms:</b>	<b>Date reintroduced:</b> <b>Symptoms:</b>





FOOD/DRINK REMOVED	
<b>Date:</b> <b>Symptoms:</b>	<b>Date reintroduced:</b> <b>Symptoms:</b>

FOOD/DRINK REMOVED	
<b>Date:</b> <b>Symptoms:</b>	<b>Date reintroduced:</b> <b>Symptoms:</b>

FOOD/DRINK REMOVED	
<b>Date:</b> <b>Symptoms:</b>	<b>Date reintroduced:</b> <b>Symptoms:</b>

# Reintroduction Schedule

Follow a 3-day cycle for reintroducing foods one at a time

## Week One



# Reintroduction Schedule

Follow a 3-day cycle for reintroducing foods one at a time

## Week Two

**SUNDAY**  
ADD ONE FOOD

WAIT 3  
DAYS

MONITOR  
YOUR  
SYMPTOMS

**WEDNESDAY**  
ADD ONE FOOD

MONITOR  
YOUR  
SYMPTOMS

WAIT 3  
DAYS

**SATURDAY**  
ADD ONE FOOD

WAIT 3  
DAYS

MONITOR  
YOUR  
SYMPTOMS



# Reintroduction Schedule

Follow a 3-day cycle for reintroducing foods one at a time

## Week Three

**SUNDAY**  
ADD ONE FOOD

WAIT 3  
DAYS

MONITOR  
YOUR  
SYMPTOMS

**WEDNESDAY**  
ADD ONE FOOD

MONITOR  
YOUR  
SYMPTOMS

WAIT 3  
DAYS

**SATURDAY**  
ADD ONE FOOD

WAIT 3  
DAYS

MONITOR  
YOUR  
SYMPTOMS

# Reintroduction Schedule

Follow a 3-day cycle for reintroducing foods one at a time

## Week Four

**SUNDAY**  
ADD ONE FOOD

WAIT 3  
DAYS

MONITOR  
YOUR  
SYMPTOMS

**WEDNESDAY**  
ADD ONE FOOD

MONITOR  
YOUR  
SYMPTOMS

WAIT 3  
DAYS

**SATURDAY**  
ADD ONE FOOD

WAIT 3  
DAYS

MONITOR  
YOUR  
SYMPTOMS

# Reintroduction Schedule

Follow a 3-day cycle for reintroducing foods one at a time

## Week Five

**SUNDAY**  
add one food

Wait 3 days

MONITOR  
YOUR  
SYMPTOMS

**WEDNESDAY**  
add one food

MONITOR  
YOUR  
SYMPTOMS

Wait 3 days

**SATURDAY**  
add one food

Wait 3 days

MONITOR  
YOUR  
SYMPTOMS



# Reintroduction Schedule

Follow a 3-day cycle for reintroducing foods one at a time

## Week Six

**SUNDAY**  
ADD ONE FOOD

WAIT 3  
DAYS

MONITOR  
YOUR  
SYMPTOMS

**WEDNESDAY**  
ADD ONE FOOD

MONITOR  
YOUR  
SYMPTOMS

WAIT 3  
DAYS

**SATURDAY**  
ADD ONE FOOD

WAIT 3  
DAYS

MONITOR  
YOUR  
SYMPTOMS



Daily Food Diary

Time	Food + Drink	Portion Size	Relevant Nutritional Info if known (Calories, Grams etc)	Where v + Mood
6am – 9am				
9am – 12pm				
12pm – 3pm				
3pm – 6pm				
6pm – 9pm				
9pm – 12am				

## What's Next

**Embarking on the elimination diet may not be a breeze, but it's definitely manageable. By devising a clear strategy and being attuned to your body's cues, you can smoothly navigate through the journey.**

If you are considering embarking on an elimination diet, here are some steps to follow:

1. For optimal results and to avoid any nutritional deficiencies, it's highly recommended to collaborate and work with a nutrition professional.
2. It's helpful to keep track of what you eat and how you feel in Phase 1, by maintaining a food journal. This will allow you to analyze any potential connections between your symptoms and the foods you eat.
3. Approach this journey as a personal experiment, embracing the opportunity to learn about yourself, your body, and your dietary choices.
4. It is best to seek guidance from your healthcare provider before starting the elimination diet to understand how it could affect your pre-existing health conditions or medications.

We hope that the Traditional Elimination Diet will be beneficial for you in identifying the underlying cause of your symptoms, determining the foods that are most suitable for you, and ultimately enhancing your overall health and digestive wellness.

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