



## Food Reintroduction Instructions

### **3 Month Mark:**

Congrats! You made it three months avoiding your “yellow” & “red” foods. This is no easy feat and you should be proud of yourself. As long as you’re seeing & feeling significant improvements in your symptoms you can now begin the process of adding “yellow” foods back into your diet. \*Specific instructions are outlined below.

**Note:** Avoid reintroducing a new food if you have an infection, have just had an unusually strenuous workout, got less sleep than normal, are feeling unusually stressed, or are under any other circumstances that may make interpreting a reaction difficult. If you have a hard time determining which food caused what reaction, wait longer between reintroductions.

If reintroduction is successful - in other words, you do not experience an adverse reaction - you will want to still keep your consumption of this food to a minimum. Bring this food back in on a rotational basis, eating it only every 3 days (consider it now a high green) so that you do not overload your system and risk irritating your gut or immune system.

\*Remember that the foods you are sensitive too may change over time, so don’t be discouraged by a failed reintroduction, as this does not necessarily mean that you will never be able to eat that food again.

Another important thing to note is that some foods that you reintroduce will always be relegated to “sometimes foods.” Such as alcohol, conventional dairy and gluten. A “sometimes food” is one that doesn’t cause a reaction when you consume it occasionally, but that can subtly undermine your health if you consume it on a more regular basis.

### **Steps for Reintroduction:**

Select a food to challenge from your “yellows” list. Be prepared to eat it two or three times in 1 day, then avoid it completely for the next two days.

1. Eat a small amount of the first food and wait 10-15 minutes.
2. If you experience any symptoms (see list below), don't eat any more. If you don't, eat a little bit more. Wait two to three hours and monitor yourself for symptoms.
3. If you still haven't experienced any symptoms, eat a normal-sized portion of the food later –either by itself or as part of a meal.
4. Do not eat that food again for 3 days and don't reintroduce any other foods during that time. Monitor yourself for symptoms.
5. If you have no symptoms during the challenge day or at any time in the next 3 days, you may reincorporate this food into your diet.
6. If you do experience negative symptoms you will want to continue to avoid that food for another three months while you continue to work towards healing your gut.

You can now begin enjoying your “green” foods on a regular basis. Stay in tune with your body and if you notice any adverse reactions put that food back onto an every 3-day basis.

For now you will continue to completely avoid “red” foods for another three months. After a total of 6 months you can start reintroducing them back into your diet in the same method as described above.

### **Adverse reactions to foods can look like these listed, and can appear up to 3 days after consumption of sensitive food:**

- acid reflux, vomiting
- bloating & gas
- cramping
- diarrhea or constipation
- headache, migraine
- fatigue
- trouble sleeping
- dry & itchy skin, skin rash
- skin breakouts
- sinus congestion, allergies