



FEPP: Food Re-Introduction Guidelines

Sample Completed Form

Use this chart to guide you in introducing new foods. Fill in the columns based on the answers to your food frequency before starting the elimination diet unless otherwise specified.

GO	SLOW	NO
Rare Foods: List all foods consumed less than once a month in general.	Frequent Foods: List all foods you consume 4 - 6 times a week.	Top Allergens: List all foods on the top allergen food list. Eliminate these for at least a month before retesting. **
Infrequent Foods: List all foods consumed between once a week and once a month.	Daily Foods: List all foods you consume daily or multiple times a day.	Digestive Irritants: All foods listed in the "Foods that Hurt Your Gut" page in the Foods that Hurt and Foods that Heal your digestion pdf.
Moderate Frequency Foods: List all foods consumed 1 to 3 times a week.	Suspects Noted During Elimination Phase: List all foods you suspect you might have had a reaction to during the elimination diet but are not sure about.	Known and Suspected Problematic Foods: List all foods to which you've ever tested allergic, to which you suspect intolerance, or have read or heard might be problematic and all foods you know that leave you feeling badly.
Well Tolerated Supplements: List all supplements you continued to take during the elimination diet and appear to respond really well to.	Supplements You Stopped During Elimination Diet: List all supplements you had been taking before elimination diet but stopped just in case.	Foods You Deliberately Avoid: List all foods you'd never eat no matter the health benefit or deliberately avoid for health or spiritual reasons.

GO	SLOW	NO
	New Supplements: List gut healing supplements that you would like to add. (i.e. glutamine, arabinogalactans, NAC, zinc and other nutrients, probiotics, enzymes, etc.)	Binge Foods and Those You Crave: List all foods you crave, binge on or would continue to eat even if no longer hungry.
	Foods on the “Healing for Gut” List: List foods and herbs you’d like to try from the “Foods that Heal Your Gut” page of <i>Foods that Heal Foods that Hurt</i> pdf.	Energy Zapping Foods: List processed foods, caffeinated beverages and decaffeinated versions of them (coffee, tea, soft drinks), alcoholic beverages (beer, wine, liquor).
	Sugar Substitutes: List all sugar substitutes you’d like to try: i.e. stevia, xylitol, erythritol, Lo Han, Lakanto, etc.	Foods Containing Oxidized Fats: List margarine, heated oils, shortening, mayonnaise, etc.
		Sweeteners: List sugar, agave, maple syrup, rice syrup, etc.

****IMPORTANT NOTE:** *If you have chronic health challenges, including fatigue, hormone imbalance, thyroid issues, autoimmune condition(s), chronic inflammation or digestive problems, gluten should be eliminated for 6 months before retesting for optimum results.*

Food Re-Introduction Guidelines

Blank Food Re-Introduction Grid

Fill in the columns based on the answers to your food frequency before starting the elimination diet unless otherwise specified.

GO	SLOW	NO
		Gluten** Dairy Corn Soy Eggs Peanuts Strawberries Citrus Shellfish Chocolate Alcohol Coffee Tea Soft drinks Sugar Margarine Mayonnaise Shortening Heated Vegetable Oils <i>(except olive and coconut)</i>

GO	SLOW	NO

****IMPORTANT NOTE:** If you have chronic health challenges, including fatigue, hormone imbalance, thyroid issues, autoimmune condition(s), chronic inflammation or digestive problems, gluten should be eliminated for 6 months before retesting for optimum results.