

Learning to Spot Potential Trigger Foods (No, Go, Maybe Protocol)

This is the first step in identifying trigger foods that will be included in the elimination phase of your Food Elimination Provocation Protocol (FEPP).

Getting Ready:

If you haven't already completed the **Food Frequency Checklist Assessment**, be sure to do so now. You'll need the e-mail receipt copy you received with the results of the assessment. Print the e-mail receipt copy results.

Gather or purchase highlighters, markers, or pens in three colors. I personally prefer highlighters so you can highlight over the words and still read them. If you use markers or pens, you'll underline per the directions below. Preferred colors are red, green, and yellow. If you use highlighters, pink or orange can be used instead of red (I've never seen a red highlighter).



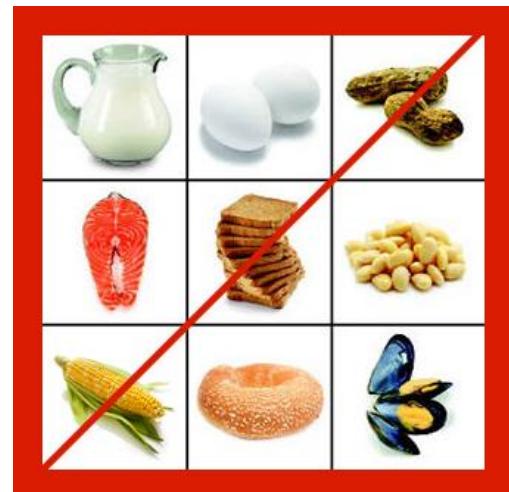
Step 1: Highlight "No Foods" - Known and Suspected Allergens

With your **RED** (or pink or orange) highlighter or marker in hand, go through the list of foods you established frequencies for in the **Food Frequency Checklist Assessment** and underline or highlight all of the following:

- All foods you've ever tested allergic to.
- All foods you know that leave you feeling badly.
- All foods to which you suspect an intolerance, or have read or heard might be problematic.
- All foods you'd never eat no matter the health benefit.
- All foods you deliberately avoid for health or spiritual reasons.
- All foods you crave, binge on, or would continue to eat even if no longer hungry.
- All processed foods.
- Caffeinated beverages and decaffeinated versions of them (coffee, tea, soft drinks).
- Alcoholic beverages (beer, wine, liquor).
- Foods containing oxidized fats (margarine, heated oils, shortening, mayonnaise).
- Sweeteners (sugar, agave, maple syrup, rice syrup).

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- All foods on the top 10 most common food allergens list:
 - Gluten: contained in wheat, rye, barley, kamut, spelt and triticale
 - Dairy: found in milk, cheese, sour cream, ice cream, baked goods
 - Corn
 - Soy
 - Eggs
 - Peanuts
 - Strawberries
 - Citrus
 - Shellfish
 - Chocolate



Step 2: Highlight "Go Foods" - Those Unlikely to be Trigger Foods

With your **GREEN** highlighter or marker in hand, go through the list of foods a second time and, looking only at the remaining foods that have not yet been highlighted in red, underline or highlight the following:

- All foods you never eat or rarely eat.
- Foods you've recently added to your diet because of their health benefits and had not eaten before your symptoms started.
- Foods that you absolutely know are good for you. When you eat them you feel steady, strong and sustained. You never over-eat them. After you eat these foods, your digestion feels comfortable, your energy is high and your mood is calm and optimistic.

Step 3: Highlight Your "Maybe Foods" - Those that Might be Trigger Foods or Digestive Irritants

With your **YELLOW** highlighter or marker in hand, go through the list of foods once again and underline or highlight the following:

- Sugar substitutes: stevia, xylitol.
- All foods you eat more than 3 times a week except for those you've just recently started to eat (within the past month or two, definitely much more recently than the onset of your symptoms).
- All remaining grains and grain products like crackers, pasta, and bread. They can be contaminated with gluten or contain hidden ingredients to which you are sensitive.