## **Food Introduction Diary**

Name:
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Date	Times eaten	New food	Diges- tion/ Bowels	Pain in joints or muscles	Head- ache	Nasal or chest congestion	Skin rash or itching	Bladder function	Energy level	Other
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Add back only one new food or ingredient at a time. Eat it at least twice in the same day and remember it can take up to 2 days to see the reaction. If you are not sure, avoid that food for 5-7 days and if not reactive, challenge again to see if the reaction is reproducible.