

FREE PRINTABLE

Food Reintroduction Log

Bring foods back one at a time and record exactly how your body responds.

- Reintroduce one food at a time, with 2–3 'clean' days between each test.
- Eat a normal portion on test day — a tiny taste won't tell you much.
- Watch for reactions over the next 48 hours, not just immediately after eating.
- A reaction is information, not a verdict — check anything concerning with a professional.

Reintroduction log

Tests 1–6

Date	Food reintroduced	Amount	Time eaten	Reaction? Y/N	Symptoms & when they appeared	Notes

Reintroduction log

Tests 7–12

Date	Food reintroduced	Amount	Time eaten	Reaction? Y/N	Symptoms & when they appeared	Notes