

# Elimination diet: diet and symptom diary for reintroduction

Date range: \_\_\_\_\_

Dietary component reintroduced: \_\_\_\_\_

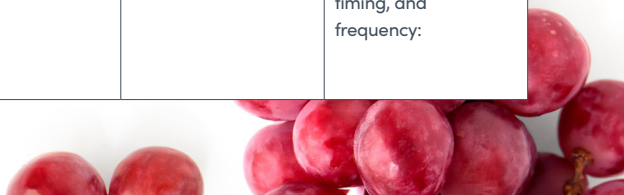
Use the table found on the next page to track your food and beverage intake and any symptoms you experience for the duration of the reintroduction phase of your elimination diet. The four-day reintroduction period in the table should be used for the reintroduction of one food or dietary component. Make note of the time foods/beverages are consumed and any associated symptoms (e.g., 10:00 am: two eggs (boiled) with 1 avocado; 11:00 am: bloating).

## Symptoms may include:

- Abdominal pain
- Altered bowel habits (e.g., diarrhea, constipation)
- Bloating
- Brain fog or concentration issues
- Fatigue
- Flatulence
- Headache
- Insomnia/disturbed sleep
- Musculoskeletal symptoms (e.g., joint/muscle pain, numbness)
- Nausea
- Sinus congestion or runny nose
- Skin rash or breakouts



	Morning	Afternoon	Evening	Notes
Day 1				
Food and beverage intake				Hours of sleep (previous night):  Stress rating: 1 2 3 4 5 6 7 8 9 10
Symptoms				Stool description, timing, and frequency:
Day 2				
Food and beverage intake				Hours of sleep (previous night):  Stress rating: 1 2 3 4 5 6 7 8 9 10
Symptoms				Stool description, timing, and frequency:
Day 3				
Food and beverage intake				Hours of sleep (previous night):  Stress rating: 1 2 3 4 5 6 7 8 9 10
Symptoms				Stool description, timing, and frequency:
Day 4				
Food and beverage intake				Hours of sleep (previous night):  Stress rating: 1 2 3 4 5 6 7 8 9 10
Symptoms				Stool description, timing, and frequency:



## References

1. Catassi, C., Elli, L., Bonaz, B., Bouma, G., Carroccia, A., Castillejo, G., ... Fasano, A. (2015). Diagnosis of non-celiac gluten sensitivity (NCGS): The Salerno Experts' Criteria. *Nutrients*, 7(6), 4966–4977.
2. Tuck, C. J., Biesiekierski, J. R., Schmid-Grendelmeier, P., & Pohl, D. (2019). Food intolerances. *Nutrients*, 11(7), 1684.



For more educational content and resources: [www.fullscript.com/learn](https://www.fullscript.com/learn)

This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team. \*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

Updated: May 2021