



Food Reintroduction Symptoms Tracker

Reintroduce only one new food at a time. Eat it 2–3 times in the same day, stop eating it, then wait 48 hours to see if you have a reaction. Track your symptoms below. If there is no reaction, keep that food in your plan and continue with the next. If unsure, retest the same food the same way.

Patient Name _____ Date _____

	Day 1	Day 2	Day 3	Day 4
Time				
Food				
Digestion / Bowel Function				
Joint / Muscle Aches				
Headache / Pressure				
Nasal or Chest Congestion				
Kidney / Bladder Function				
Skin				
Energy Level				
Sleep				
Other Symptoms				

If you require more space, print a second copy of this chart.