

Food Introduction Delayed Response Chart

Name: _____

Day	Food		Digestion/ Bowel function	Joint /muscle aches	Headache/ Pressure	Nasal or Chest Congestion	Kidney-Bladder Skin Function	Energy Level
	time	food						

Note: Please reintroduce only one new food at a time. Ingest it twice in the same day & then wait two full days to see if you have a reaction. Assess your response over the next 48-72 hours. You may insert different headings on this chart to correspond with whatever signs or symptoms that you may display. Important indicators which must be charted include: digestion, bowel function, and energy level. If you require more space use the back of this sheet and clearly mark the day, the food and your symptoms. If you are unsure if you had a reaction, retest the same food in the same manner.