## Elimination Diet Plan

| Name <br> Lara Kim | Date |
| :--- | :--- |
| Age | May 11, 2023 |
| 24 | Fender |
| Weight | Height |

## Purpose

Lara is undertaking an elimination diet to identify and manage potential food sensitivities that may be contributing to her chronic skin rashes and digestive issues.

## Medical history

Lara's medical history includes a history of eczema and recurring digestive discomfort, which has not been previously linked to food allergies or intolerances.

## Plan duration

Lara and I have agreed to a 4-week elimination diet, with the option to extend it based on her progress and symptoms.

## Baseline diet

Lara's typical diet consists of a variety of foods, but she suspects that gluten may be a potential trigger for her symptoms, so we will focus on this.

## Elimination phase

Food items to eliminate
Lara will eliminate all sources of gluten, including wheat, barley, rye, and related products.

## Substitutes

I recommended gluten-free grains like rice and quinoa as suitable alternatives.

| Date |  |
| :--- | :--- |
| May 13, 2023 | Started elimination diet |
| May 22, 2023 | No significant change in symptoms |
| June 10, 2023 | Slight improvement in skin rash |
|  |  |
|  |  |

## Reintroduction phase

## Customized plan

Breakfast:

- Gluten-free oatmeal topped with fresh berries and a sprinkle of nuts.
- Scrambled eggs with spinach and tomatoes.

Lunch:

- Grilled chicken or tofu salad with mixed greens, cherry tomatoes, cucumber, and a gluten-free vinaigrette.
- Quinoa and black bean bowl with avocado and salsa.

Dinner:

- Baked salmon with a side of steamed broccoli and quinoa.
- Gluten-free pasta with a tomato-based sauce and a side of mixed vegetables.

Snacks:

- Greek yogurt or dairy-free yogurt with honey and gluten-free granola.
- Sliced apples with almond butter.

Beverages:

- Water, herbal teas, and $100 \%$ fruit juices (ensure they are gluten-free).
- Be cautious with alcoholic beverages, as some alcoholic drinks can contain gluten. Stick to gluten-free beer or wine when appropriate.


## Testing

Depending on Lara's progress, we may consider allergy testing or blood work to confirm diagnoses and provide further guidance.

## Nutritional guidance

Lara will be referred to another registered dietitian for nutritional guidance during the elimination diet and beyond.

Lifestyle considerations
We discussed lifestyle adjustments, such as how to plan gluten-free meals, dine out at gluten-free restaurants, and inform friends and family about her dietary restrictions.

Recommendations

## Progress tracking

| Date | Remarks |
| :--- | :--- |
| July 18,2023 | Reintroduction phrase began. |
|  |  |
|  |  |
|  |  |

## Additional notes

