

Elimination Diet Food List

Patient Name: _____

Date: _____

Medical History

Purpose of the Elimination Diet

Instructions

Initial Consultation: During our initial consultation, I explained to John the purpose of the elimination diet and its potential benefits. He expressed his interest and motivation to proceed. We discussed the importance of strict compliance with the dietary guidelines and addressed any questions or concerns he had.

List of Safe Foods: I provided John with safe foods aligned with his lacto-vegetarian dietary preferences. This list includes a variety of fruits, vegetables, grains, legumes, and dairy products, ensuring a balanced and nutritious diet during the elimination phase.

Elimination Phase (Duration): John will follow the elimination diet for four weeks, during which he will strictly avoid all foods not listed as safe.

Food Diary: John will maintain a detailed food diary, recording all meals, snacks, and any symptoms or reactions he experiences. This will help track his progress and identify potential trigger foods.

Reintroduction Phase: After the elimination phase, John will gradually reintroduce eliminated foods, one at a time, according to the schedule provided. This process will help pinpoint any specific triggers.

Observation and Assessment: During the reintroduction phase, John will closely monitor his body's reactions and document any symptoms or discomfort. He will report his findings during follow-up appointments.

Final Evaluation: After the reintroduction phase, we will conduct a final evaluation to determine which foods, if any, may be triggers for his symptoms.

Personalized Diet Plan: Based on our evaluation, I will collaborate with John to create a personalized diet plan that excludes any identified trigger foods while ensuring his nutritional needs are met.

Ongoing Monitoring: I emphasized the importance of ongoing monitoring. I scheduled a follow-up appointment for four weeks from today to review John's progress and make any necessary adjustments to his diet plan.

List of Safe Foods

List of Foods to Eliminate

Reintroduction Schedule

Additional Notes

Follow-up Appointment