



# Monitoring Your Diet and Symptoms



You may find it useful to keep a food and symptom diary to monitor your progress.

Record all food and drink that you consume before you change your diet and continue whilst making changes to your diet.

If you record how you feel and note any changes in symptoms, then you may find a pattern emerging with respect to certain foods.

Keep a **Food and Symptom Diary** each week to help you with this.



# Re-introducing **Foods**





**After at least 3 months, when your symptoms have subsided, you may want to reintroduce some of your reactive foods.**

This should be a gradual process. Add one food at a time and monitor your symptoms over a five-day period. If you notice the return of symptoms then you can assume that this food is still a problem and should be avoided for a further month or two.

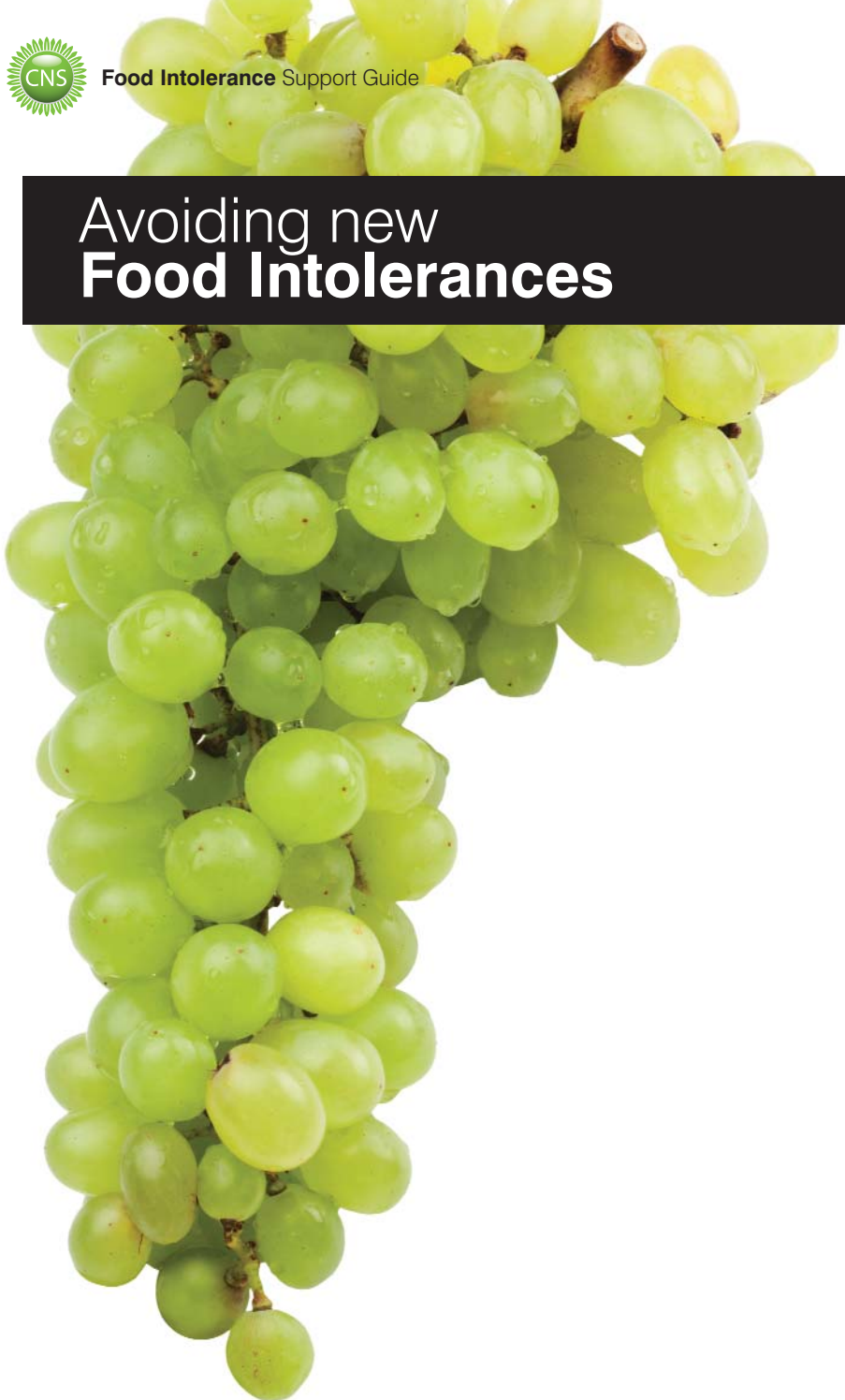
If you do not experience a return of symptoms, you can continue to include that food in your diet occasionally. You can then add another food to your diet and monitor any reactions over the next 5 days, and so on.

### Hints and Tips

- Be patient when introducing foods back into your diet. Do not over-indulge! You may have missed your favourite food but enjoy it only occasionally from now on to prevent any future problems
- Initially re-introduce foods with the lowest antibody reading (found in brackets next to each food in your report). Wait 5 days and observe symptoms before introducing the next food
- Continue to introduce increasingly reactive foods, one at a time again, leaving 5 days between each new food
- If you have been avoiding dairy, start by re-introducing natural bioyoghurt or cottage cheese before cow's milk
- Test cooked egg yolk and white separately as these contain different proteins that you may react to
- When testing a food, ensure it only contains the food you are testing. For example, try a plain slice of bread or toast without butter to be certain you are testing wheat and not dairy



# Avoiding new **Food Intolerances**





### Avoiding new food intolerances

As you alter your diet and introduce new foods, it is possible you may develop intolerances to these new foods. This usually occurs when a “problem” food is swapped almost exclusively for a different food. So, for example, if your test shows positive for wheat, instead of swapping your toast for porridge every day, vary your breakfasts and alternate porridge with fruit salad and yoghurt or poached eggs on rye bread.

In summary, to avoid new food intolerances:

- **Avoid eating any one food too regularly**
- **Limit each food to every few days**
- **Include a wide variety of foods in your diet to ensure you consume a range of important vitamins and minerals**

### Occasionally a food may need to be omitted from your diet indefinitely

If you re-introduce a food and experience further symptoms, avoid this food for another couple of months. If you have tried to re-introduce a particular food on several occasions but continue to experience symptoms, it may be that this food will have to be omitted from your diet indefinitely.

If wheat or gluten produces on-going symptoms, there is a possibility that you may have coeliac disease. Please contact CNS or your GP for further information about testing for this.

