



# How to do an elimination/ challenge diet.

## Purpose

The purpose of the elimination/challenge diet is to uncover potential food allergies or sensitivities. The elimination phase of the diet gives the immune system time to rest and the body time to heal. The challenge phase of the diet is designed to reveal which foods your body is sensitive to.

**It is extremely important to fully eliminate foods in the elimination phase, and to reintroduce foods slowly and systematically in the challenge phase.**

## Step 1: PLAN

Work with your healthcare provider to learn which foods may be causing problems. There are several variations of the elimination diet:

**Option 1:** Eliminate foods according to a diet diary or food journal

1. Carefully document all foods you eat over the course of 7 days (including at least 2 weekend days). Document your mood, any symptoms you may be having and any additional outside influences that may be affecting the results of your diary.
2. Circle the foods which correspond to days that you have symptoms.
3. Proceed to the elimination phase of the diet by eliminating circled foods, as well as any food which you suspect is a trigger.

**Option 2:** Eliminate foods according to a blood test (IgG, optional IgE if signs of hives/anaphylaxis have been present.)

1. *Note: the reliability of IgG blood tests is unknown. For some patients the IgG food sensitivity test results very closely match their symptoms AND their*