

Food Challenge

1. Keep a food diary to know foods you eat most commonly. Eliminate each food **one at a time** for 2 weeks.
2. Record of any changes in ear, nose or throat symptoms as well as rash, bowel movements, stomach complaints, and behavior or mood.
3. After 2 weeks off of one particular food, reintroduce the food in high quantities and document what symptoms, if any, return. **If there is a history of severe reaction (swelling in the mouth or throat, blood pressure drop), do not perform this step.**
4. Once each food has been challenged in this fashion, go back to the items that caused problems and figure out how often they can be eaten with relatively few symptoms. Based on this information, rotate the problem foods in and out of your diet.

Call (505) 327-4429 if you have any questions.