Reintroduction Sample

Day	Lactose Free Milk	Lactose Free Milk Hot	Low Fat Cheddar Cheese	Same Cheese Cooked
1	Egg Cup Full			
2	rest			
3	rest			
4	rest			
5	x 2 Egg Cups			
6	rest			
7	rest			
8	rest			
9	1/2 glass			
10		rest		
11		rest		
12		rest		
14		x 2 Egg Cups		
15		rest		
16		rest		
17		rest		
18		1/2 Glass		
19		remove		
20			rest	
21			rest	
22			rest	
23			Match Box Size of Cheddar/low fat	
24			rest	
25			rest	
26			rest	
27			Match Box Size of Cheddar/low fat	
28			rest	
29			rest	
30			rest	

The items in each column should be swapped for your own items.

Only reintroduce foods when you feel well and symptoms have subsided.
Remember to use known safe foods when reintroducing questioned foods, including rest days.
By being symptom free when foods are added, one at a time, you can see clearly if there is a reaction.
Although there are three rest days (when you only eat safe foods) this can be extended if there is a reaction.

This process allows you to identify a threshold or a 'do not eat' food.