

## Food Sensitivity Identification Instructions

To test for sensitivity, eliminate one food completely for 2 weeks. If you notice a positive change in your health, do NOT add it back to your diet. If you notice no change, you can add the food back. The list at the bottom of this page includes the most common food sensitivities, but you may be sensitive to a food that is not on this list. I recommend testing this list first, and if problems are not resolved, move to other foods.

Log your food and weight daily using the My Fitness Pal app (free). If your weight increases more than 1.5-2 lbs over the course of one day, you likely ate a food that you are sensitive to the day before.

Monitor your nutrition macros on My Fitness Pal to ensure your total carbohydrate intake is no greater than 20% of your diet. Monitor your sugar level and try to stay below 20 grams daily.

### Common Sensitivities

- Wheat, barley, rye (gluten)
- Dairy (all kinds, even goat milk)
- Sugar (all kinds, including naturally occurring fruit sugars)
- Alcohol
- Shellfish
- Beef
- Nightshades (tomatoes, potatoes, peppers, eggplant)
- Nuts
- Peanuts (legumes)
- Eggs
- Citrus fruits
- Soy
- Corn