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**SPRING**DETOX

FOOD

DIARY & TRANSITION GUIDE

#

# FOOD DIARY

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.” – [Ann Wigmore](http://www.goodreads.com/author/show/385454.Ann_Wigmore), founder of the Hippocrates Health Institute

I cannot encourage you strongly enough to take advantage of the food diary during each phase of the program.

The food diary is not there to count calories or dwell on fat. Rather, it is an opportunity for you to identify exactly which foods work for you and which do not. Use your food diary to note how you feel after each meal. Are you energized or exhausted? Do you notice any emotional triggers that make you crave certain foods? Gathering this information systematically over the course of the program will give us a more objective view than relying on memory.

You can print out the food diary below or just use it as a template for writing in a journal or your computer. Do whatever works for you. If you’re on the go, feel free to jot notes on Post-its or in your smartphone before transferring to your food diary at night. The important thing is getting the information down as consistently as you can.

Remember, we are detectives looking for hidden clues. If you’re waking up in the middle of the night, for example, the hour at which your eyes pop open can help identify which organ is out of sync.

## CLUES TO NOTE IN YOUR FOOD DIARY:

**PHYSICAL** symptoms are bodily sensations.

1. CLUES FOR IMBALANCE: headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor.
2. CLUES FOR BALANCE: bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color.

**EMOTIONAL** symptoms may be a little harder to notice.

1. CLUES FOR IMBALANCE: anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper.
2. CLUES FOR BALANCE: confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient.

Adapted from *Potatoes Not Prozac,* by Kathleen DesMaisons, PhD

# FOOD DIARY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| WHEN | FOOD | HUNGER LEVEL | SITUATION | COMMENTS |
| (date, time) | (preparation, how much) | (0-5) | (place, activity) | (emotional, physical, mood) |
|  |  |  |  |  |
| PRE-BREAKFAST   |
| BREAKFAST |
| A.M. SNACK(S) |
| LUNCH |
| P.M. SNACK(S) |
| DINNER |
| EVENING SNACK(S) |

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**THE TRANSITION PHASE (PHASE 3)**

Each phase of the program is key to a successful detox.

In **PHASE 1**, you start to reduce sugar, caffeine, gluten, and dairy. Easing into the program allows you to minimize withdraw symptoms.

**PHASE 2** involves eliminating other foods that are common irritants, as listed on the Do Not Eat list. This allows the body to get rid of harmful toxins and gives the detox organs a rest. It also gives us a cleaner slate from which to determine food sensitivities during Phase 3.

**PHASE 3** is when you add back potentially sensitive foods to your diet, one at a time every two days. If you are already aware of existing food allergies/sensitivities or have a history of candida, digestive issues, hormonal imbalances, or an autoimmune, then you may want to extend the transition phase and add back a food every three to five days.

Pay particular attention to any reactions as you reintroduce foods during Phase 3, and note them in your food diary. Common symptoms to look for include:

* Digestive imbalances
* Headaches or neck pain
* Sinus issues or congestion
* Energy levels changing
* Skin color changing or skin rashes
* Sleep interrupted, inability to stay asleep
* Joint pain, inflammation or swelling in the fingers

Here is a suggested plan for reintroducing potentially triggering foods. Feel free to modify it to include the foods that you really like or that you think might be—but aren’t sure—are causing problems. Make sure you are not adding multiple foods back at one time so we can pinpoint which food is triggering you.

Day 8 of the program (day 1 of transition): Add back sprouted Ezekiel bread or ½ cup of brown rice to your lunch. If you are gluten intolerant, celiac or choose to stay away from grains, add in another food of your choice from the Do Not Eat list.

Day 10: Try reintroducing dairy, a high allergen food, by having a Greek yogurt with cinnamon and stevia for breakfast. If you prefer to add back in cheese, then try goat’s cheese, as it is less mucus producing than cheeses made from cow’s milk. If you are allergic, please exchange for another high allergen food. If you are vegetarian or vegan, you can add in Daiya cheese or almond cheese and note how your body reacts.

Day 12: Add tempeh, a fermented soy product that is easier to digest than non-fermented soy, to your lunch or dinner. If you do not want to add back in soy for health reasons or you have estrogen dominance, please add in beans per the recipe guide.

Day 14: Add hard-boiled eggs to your lunch salad or feel free to make scrambled eggs with spinach.

BEYOND THE PROGRAM

If it turns out that one of your favorite foods is causing you problems, take heart. According to my teacher Liz Lipski, author of *Digestive Wellness*, avoiding the triggering food and restoring your gut integrity with probiotics (see the Guide for suggestions) can help most food allergies/sensitivities resolve within four to six months. In most cases, after a break you will be able to eat foods that bothered you again. If the allergy doesn’t go away, you either need to wait longer or it may be a “fixed” allergy that won’t disappear.

You may wish to continue to write in your food diary/journal beyond the program to stay in tune with how food is affecting you. Remember, our bodies are in constant flux, so your food friend today could become your foe tomorrow, or vice versa.