



The Family Guide

to

Elimination Diets for Children

A simple step-by-step guide to
identifying possible food triggers.



Let's become food detectives together.



What Is an Elimination Diet?



An elimination diet is a short-term process used to investigate whether a particular food may be contributing to symptoms.

The process involves:

Removing a suspected food

Watching for changes

Reintroducing the food

Observing what happens

The goal isn't to restrict foods forever.

The goal is to gather information.

1. FOOD SUSPECT

2. REMOVE

3. OBSERVE

4. REINTRODUCE

5. LEARN



Let's Talk About It

This is a team effort!
Check in **with each other** each day.

You might ask:

How are you feeling today?

Do you feel any different than before?

Do you have more energy or feel more tired?

Are you sleeping better?

Is your tummy feeling better or worse?

Your feelings and observations are important clues!





Let's Be Food Detectives!



My tummy feels funny.

My skin is itchy.

I wonder why?



Sometimes our bodies give us clues.



Maybe our tummy hurts.



Maybe our skin feels itchy.



Maybe we don't feel our best.



We're going to investigate whether a food might be causing those clues.



We're not saying any food is "bad."



We're simply learning how **YOUR** body feels.



We're food detectives — gathering clues together! ❤️





STEP 1

Choose **One** Food



Choose **one** food that may be linked to symptoms.

Common examples include: >



Milk



Egg



Wheat



Soy



Peanut



Tree nuts

★ FOOD SUSPECT LINEUP ★

6"

5"

4"

3"

2"

1"



Parent Tip

Removing only **one** food at a time makes the results easier to understand.



STEP 2

Remove the Food



Temporarily remove the suspected food.



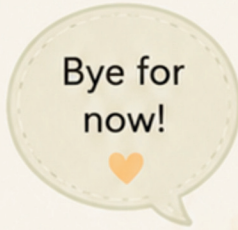
Read labels carefully.



Tell caregivers, grandparents, school staff and babysitters.



Even small amounts may affect results.



PARENT CHECKLIST



Read ingredient labels



Plan safe meals



Inform caregivers



Prepare alternatives

EXPLAINED FOR KIDS

We're giving this food a little **holiday** while we collect clues.





STEP 3

Keep a Symptom Diary



Record symptoms each day.

Track:



Skin



Tummy



Sleep



Energy



Mood



Small changes can be important.

My Symptom Diary

Date	Skin	Tummy	Sleep	Energy	Mood	Notes
May 1 Day 1						A little itchy after breakfast.
May 2 Day 2						Better today!
May 3 Day 3						Tummy feels ok.
May 4 Day 4						Slept well!
May 5 Day 5						More energy!
May 6 Day 6						Feeling great!

Every clue helps us learn more about how **YOUR** body feels!

HOW TO RATE



Great

Everything feels good!



Okay

Some small symptoms but manageable.



Not Great

Symptoms are bothering me.



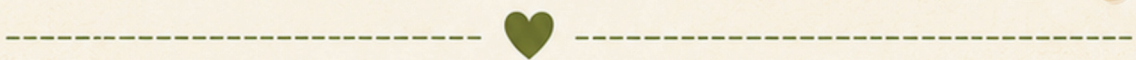
My Daily Food Detective Notes



DATE: _____



Food Avoided: _____



How Does My Body Feel Today?



Great



Okay



Not Great

Notes:





STEP 4

What Changed?



After several weeks, look back through your notes.

BEFORE

While eating the food



Itchy skin



Poor sleep



Tummy ache

AFTER

After removing the food



Calmer skin



Better sleep



Happy tummy

Ask:



- Is eczema improving?
- Is sleep improving?
- Are tummy symptoms less frequent?
- Is your child more comfortable?



Every child is different. Small changes can still be meaningful! ♥



STEP 5

Reintroduce and Observe



This is often the *most important* step.

Together you can:



Reintroduce the food
Offer the food again in small amounts.



Monitor symptoms
Watch for any changes in skin, tummy, sleep, mood, and energy.



Continue recording observations
Use your symptom diary each day.



The response may provide *important clues*.

My Symptom Diary

Date	Skin	Tummy	Sleep	Mood	Energy
5/1					
5/2					
5/3					

Notes:
Fewer tummy aches today!



Be patient, stay curious, and observe with care. Every clue helps us learn more about how *you* feel.





What Symptoms Are You Tracking?



Every child is different.

Possible symptoms may include:



Mood & Behaviour
Irritability,
emotional
ups and downs

SKIN

- Eczema
- Itching
- Rashes



DIGESTION

- Tummy pain
- Bloating
- Diarrhoea
- Constipation



GENERAL

- Poor sleep
- Irritability
- Fatigue



Energy Levels
Fatigue,
low energy,
less playful



Sleep
Trouble falling
asleep or
waking often



Keep observing and recording. *Every clue helps!*





Avoid These Common Mistakes!



Removing too many foods at once



Not reading labels carefully



INGREDIENTS:
Sugar, Wheat,
Milk Solids,
Emulsifier (E322),
Natural Flavour
...



Forgetting symptom tracking

My Symptom Diary

Date	Skin	Tummy	Sleep	Mood	Energy
	😊	😞	😊	😞	😊
	😊	😞	😊	😞	😊
	😞	😞	😊	😞	😞



Reintroducing foods too quickly



Keeping foods out long-term without guidance



Mistakes are normal. Awareness helps you do better.





We made a discovery!



An elimination diet isn't about finding "good" foods or "bad" foods.



It's about learning how our bodies respond to different foods.



By staying curious and noticing the little things together, we've built a picture of what helps our body feel good.



Stay curious.
Test. Experiment. Learn.
Trust the process.





Your Investigation Continues...



You've learned how elimination diets work.
Now it's time to start collecting clues and exploring further.



What's Next?



Food Detective Diary

Record your daily clues.
Track symptoms, observations and discoveries as you investigate one food at a time.

Every clue counts.



The best detectives keep learning.

Take your notebook.

Stay curious.

Keep exploring.



My Food Detective Diary

Recording clues, observations and discoveries one day at a time.

Every great detective keeps notes.
This diary is your place to record how you're feeling,
the food you're investigating, and the clues
you discover along the way.

The best way to remember, is by writing it down.
Try it by using these diary pages!



Every clue counts.



Weekly Food Detective Case File



Week Number: _____



Food I'm Investigating: _____



Dates: _____ to _____

Day	 Skin	 Tummy	 Sleep	 Energy	 Mood
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

What clues did we notice this week?



.....
.....
.....

How did the week go?



Great



Okay



Not Great

What did we learn this week?



.....
.....
.....

Let's talk together:

- Did anything feel different this week?
- Did symptoms improve?
- Did symptoms stay the same?
- What clues should we keep watching?



You are doing great!



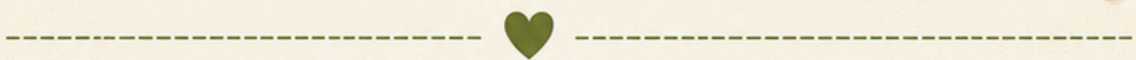
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How Does My Body Feel Today?



Great



Okay



Not Great

Notes:





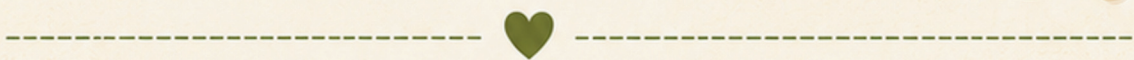
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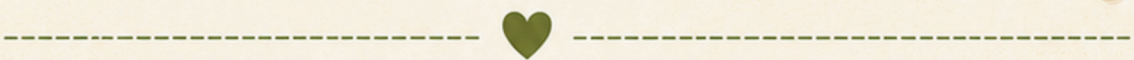
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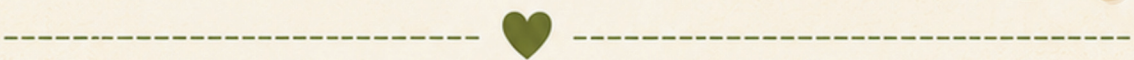
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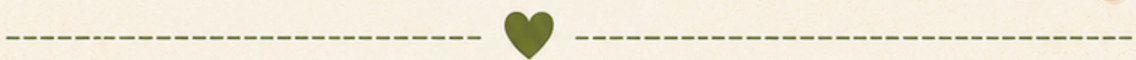
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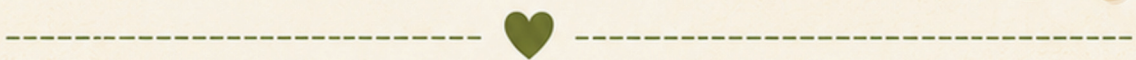
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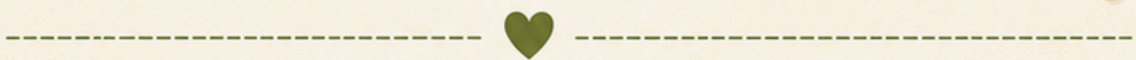
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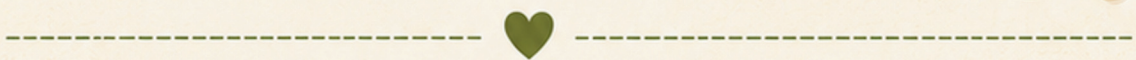
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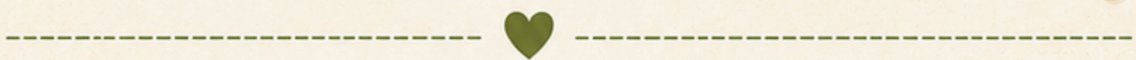
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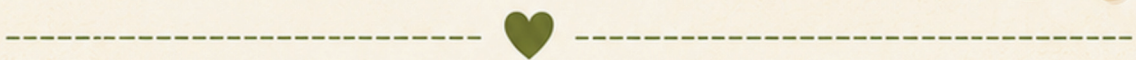
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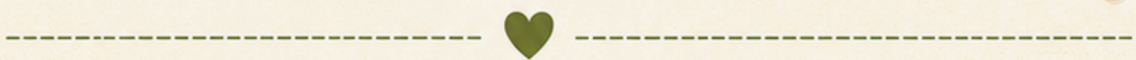
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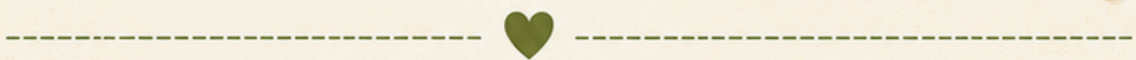
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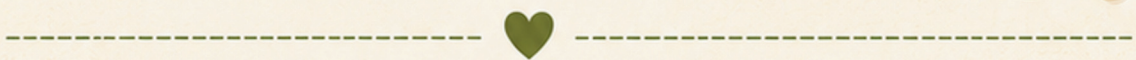
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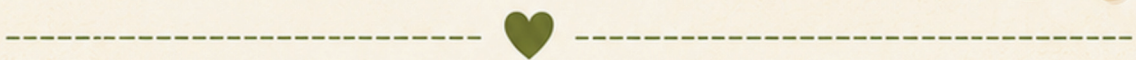
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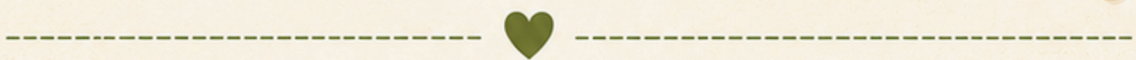
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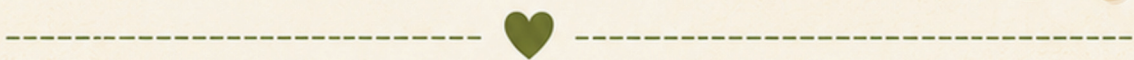
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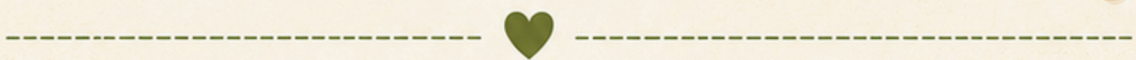
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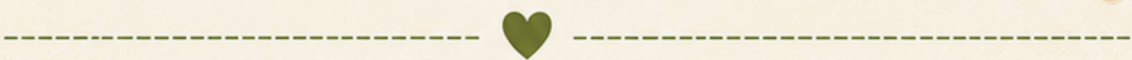
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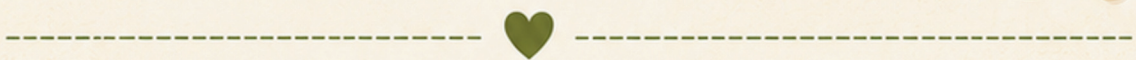
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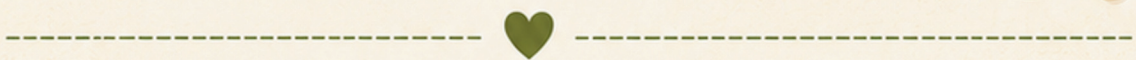
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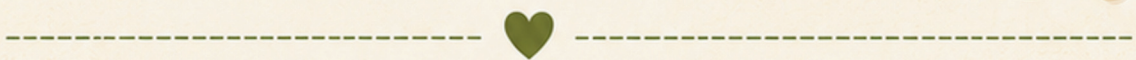
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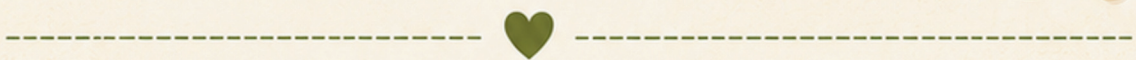
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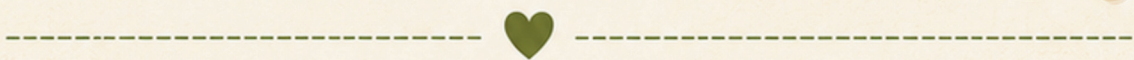
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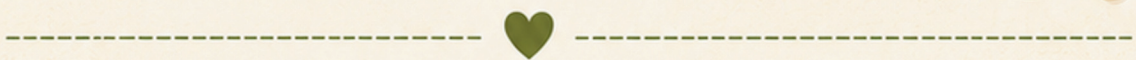
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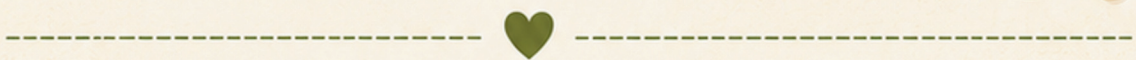
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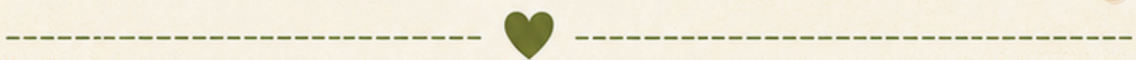
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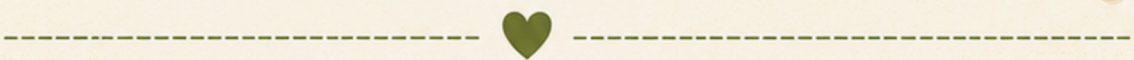
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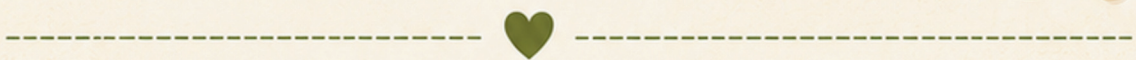
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How Does My Body Feel Today?



Great



Okay



Not Great

Notes:



What We're Taking With Us

We've spent the last four weeks noticing, writing, and talking together, one day at a time. We're a little wiser now, and we know our bodies a bit better than we did when we started.



What we learned

.....
.....



Labels we're watching for

.....
.....



Swaps that work for us

.....
.....





Thank you for letting us be
part of your family's investigation.
We hope **every clue** brought you
a little closer, **together**.



This guide is intended for general educational purposes only and does not constitute medical advice. Please consult a qualified healthcare professional before making any changes to your child's diet.

The Family Guide to Elimination Diets for Children

A step by step guide to becoming food detectives together.

This guide turns the elimination diet process into something the whole family can do together.

Written for parents and children side by side, taking the guesswork out of finding food triggers, one clue at a time.

Inside this guide



A simple explanation of how and why elimination diets work



The food detective approach, designed for kids and grown ups to explore together



A clear five step process, from choosing a food to eliminate, to reintroducing it



A list of common symptoms to look for



Common mistakes to avoid along the way



A four week tracker, with a case file for each week



Daily journal pages for noticing clues together