

Introduced food	Typical symptoms associated	Notes:
<p>Wheat (Try a bagel or whole wheat pasta).</p> <p>I recommend introducing Wheat LAST</p>	<p>Gas, bloating, constipation, fatigue immediately after eating the food, fatigue on waking the next day, or a gradual decline noticed in energy over the next week or so, irritability, anxiety, headaches, water retention (can't get your rings off, puffiness under the eyes the next day) dark circles under the eyes on waking the next day.</p>	
<p>Cheese (low fat pressed organic cottage cheese or ricotta or cottage cheese)</p>	<p>Gas, bloating, constipation, diarrhea, sinus congestion, post nasal drip, constant need to clear the throat, allergies (environmental) may worsen</p>	
<p>Yogurt (plain organic). Try yogurt before cheese.</p>	<p>Gas, bloating, constipation, diarrhea, sinus congestion, post nasal drip, constant need to clear the throat, allergies (environmental) may worsen</p>	
<p>Corn (blue corn chips)</p>	<p>Gas, bloating, headaches, constipation</p>	
<p>Rye</p>	<p>Similar to wheat</p>	
<p>Kamut (kamut bread or pasta)</p>	<p>Similar to wheat</p>	
<p>Citrus – try orange separate from grapefruit</p>	<p>Mucous, stomach upset</p>	
<p>Red meats (Do pork separate from beef)</p>	<p>Joint pain, constipation, indigestion</p>	