

### Appendix 7: Reintroduction Protocol

<i>Progression</i>	<i>Reintroduction Protocol</i>	
First Day	<ul style="list-style-type: none"> <li>• Eat a small serving of a new food</li> </ul>	e.g. ¼ avocado
Second Day	<ul style="list-style-type: none"> <li>• Double the serving size</li> </ul>	e.g. ½ avocado
Third Day	<ul style="list-style-type: none"> <li>• Double the serving size again</li> </ul>	e.g. whole avocado
Fourth Day	<ul style="list-style-type: none"> <li>• Eat the same serving size again (optional)</li> </ul>	e.g. whole avocado
If Symptoms	<ul style="list-style-type: none"> <li>• Stop eating the new food if you start experiencing symptoms</li> <li>• Go back to your safe foods</li> <li>• Reset your body until you have 2-3 days without symptoms</li> </ul>	
If No Symptoms	<ul style="list-style-type: none"> <li>• Keep the new food in your diet and try another new food</li> </ul>	