

Food Reintroduction Chart



PHASE ONE	A	Squash	Zucchini	Mushrooms	Cucumber	Carrots
	B	White rice	Rice noodles	Rice flour	Rice cereal	Rice milk
	C	Sole Tuna	Cod Salmon	Halibut Turkey	Sea bass Trout	Monkfish Chicken
	D	Pears Flax oil	Cantaloupe Olive oil	Apples Safflower oil	Hemp oil	Sunflower oil
	E	Vitamins Minerals	Basil Thyme	Oregano Salt	Stevia Raw Honey	Maple syrup Turbinado sugar

PHASE TWO	A	Peas Amaranth	Snowpeas Bean sprouts	Asparagus Yams	Green beans Sweet potato	Yellow beans Pumpkin Water chestnuts
	B	Rice pancakes Quinoa	Sweet rice Spelt	Jasmine rice Brown rice	Millet Basmati rice	Buckwheat Rice bread
	C	Plums Peaches	Watermelon Avocado	Mangoes Honeydew	Papaya	Banana
	D	Dill Garlic	Sesame oil Cilantro	Soy sauce	Egg yolks	Rosemary
	E	Tapioca	Baking powder	Baking soda	Arrowroot	

PHASE THREE	A	Butter lettuce Spinach	Cauliflower Bok choy	Broccoli Seaweed, Nori	Celery Bamboo	Chives Chard
	B	Kamut Goose	Beef Sardines	Pork Anchovies	Lamb Whole eggs	Duck
	C	Peanuts Cranberries Strawberries	Cashews Apricots	Walnuts Cherries	Raisins Almonds	Blueberries Nectarines
	D	Mint Vanilla	Ginger Cinnamon	Paprika Saffron	Turmeric Coconut	Lemon, Limes
	E	Daikon Kefir	Bay leaf Goat milk	Mustard Leeks	Olives Butter	Yoghurt Goat cheese

PHASE FOUR	A	Artichokes Lettuce	Turnip Onions	Parsnip Brussel sprouts	Potatoes	Tomatoes
	B	Beans Kohlrabi	Lentils Rhubarb	Beets Corn	Cabbage	Kale
	C	Wheat Oranges	Cous-cous Grapefruit	Plantain Raspberries	Currents Blackberries	Figs, Dates
	D	Grapes Scallops	Pineapple Lobster	Prunes	Shrimp	Prawns
	E	Cornstarch Ketchup	Vinegar Cumin	Lotusroot Cheese	Wasabi Cow's milk	Pickles