

Phase III Carbohydrate Reintroduction Chart

Introduce a new food every 2-3 days. If you experience a reaction, wait 3 days to introduce something new.

Carbohydrate	Date of Ingestion	A.M. Weight		Symptoms/Reactions
		Day of Ingestion	Day after Ingestion	
Beans (including shelled peas)				
Corn				
Oats				
Rice				
Root vegetables (beets, carrots, potatoes)				
Sweets				
Wheat (bread, pasta, tortillas)				

