



# Re-introduction Schedule

Date	Food	Suggestions	Observations
	Eggs	Two boiled or poached	
	Dairy	8oz cow's milk	
	Corn	On the cob, 1/2 cup polenta, frozen corn	
	Tomato	1 Tomato	
	Soy	Edamame, tofu	
	Yeast	Yeast gluten-free bread	
	Wheat/ Gluten*	Bulgur wheat, cream o' wheat	

\* Gluten should be eliminated longer for Best Results.