

# MRT Dietary Plan - How To

## Timeline Summary

Weeks 1-8	Eat “green” foods & generally avoid untested foods. Reintroduce untested foods at 4-6 weeks if symptoms have improved by then.
Weeks 9-12	reintroduce “yellow” foods (delay this reintroduction 4 more weeks if symptoms have not yet improved significantly after the first 8 weeks)
Weeks 13 & beyond	reintroduce “red” foods

### Your First 8 Weeks

- Eat freely amongst the “green” foods during this time
  - \*note: you may have additional dietary needs outside of the scope of MRT testing, so be sure to follow additional dietary needs. For example, wheat may be considered less reactive on MRT testing, but if you have a known gluten sensitivity, wheat as well as barley and rye (gluten containing grains) should still be avoided.
- Avoid all “yellow” & “red” foods during this time.
- While the MRT results lists include additional dietary recommendations for rotating foods each week in this initial phase, this is not absolutely necessary. Unless we have discussed otherwise, simply eat within your “green foods” during this time.
- Try your best to avoid eating any foods not tested by MRT (for example, kiwi is not tested on MRT) since we are not sure whether or not that food is reactive. These untested foods can be added in systematically after 6 weeks (perhaps 4 weeks) if you have had significant symptom improvement by then.

### Weeks 9-12

- Begin reintroducing “yellow” foods one by one.
- Note: if significant symptom improvement is not yet observed after 8 weeks of strict avoidance of yellow & red foods, then you may want to wait an additional 4 weeks or more to allow the immune system to further calm down before reintroducing “yellow” foods. Also note that if symptoms have not yet significantly reduced after 8 weeks, reach out for guidance to make sure you have been following the dietary plan correctly. Sometimes we may not realize that we are consuming foods that contain food ingredients that we react to.

## **Weeks 12 & Beyond**

- Trial reintroducing “red” foods one at a time. Note: some “red” foods may take a long time to become tolerant to again, while some may continue to evoke symptoms for an indefinite time.

## **How To Do Food Reintroductions**

**Begin:** Eat 1 small serving of a food on one day. Observe any symptom changes over the next 48-72 hours *without reintroducing that food again* during this observation period.

→ **If no symptoms arise**, that food can be safely added back into your regular diet\*.

→ **If symptoms arise**, do not reintroduce that food again at that time, and refrain from reintroducing any other previously eliminated foods during the 48-72 hours to follow, in order to give the body time to calm down. Continue to avoid that intolerated food until at least several weeks go by and you can trial reintroduction again.

\*Note: some sensitivities may be dose-dependent, meaning that you may tolerate foods in small doses but may experience a more significant immune reaction at higher doses. Keep this in mind when reintroducing foods. If you find that a small serving size of food reintroduced is well tolerated, be aware that sometimes (but not always) larger portion sizes or frequent portions may trigger a reaction if intolerant to larger doses of that food. You can do additional reintroductions of foods at subsequent higher doses or frequencies and observe tolerance level.