



Elimination Diet Pack

Get through a food trial without wasting three months

PETSLIKEMINE
ALLERGIES & SKIN

| PET NAME | TRIAL DIET | START DATE | REVIEW DATE |
|----------|------------|------------|-------------|
| _____ | _____ | _____ | _____ |

A strict diet trial is still the only reliable way to diagnose a food allergy, and it fails on compliance, not biology. Eight to twelve weeks on one diet and nothing else, then a deliberate challenge at the end. One stolen treat can reset the clock, so the whole point is getting every mouthful right.

THE RULES, IN PLAIN ENGLISH

- The trial diet and clean water only. Nothing else passes their lips.
- No treats, chews, dental sticks, rawhide or table scraps unless your vet has approved them
- Flavoured medicines, wormers and toothpaste swapped to unflavoured ones (ask your vet first)
- No licking plates, no food dropped by children, no raiding another pet's bowl
- Stop the scavenging on walks (see the proofing list overleaf)
- Everyone in the house signed up. One soft-hearted family member can undo the whole trial.

WHY SO STRICT

It takes weeks for a food reaction to settle, and only a tiny amount of the wrong protein to flare it again. A single cheat does not just spoil that day, it can reset the clock on the entire trial. Strict really does mean strict.

TREAT SWAPS THAT KEEP IT HONEST

- Use the trial diet itself as treats (set a handful aside from the daily ration)
- If using a wet version of the same diet, freeze it in small blobs or a lick mat
- Vet-approved single-ingredient option, if any: **[write in what your vet has agreed]**

If your pet is on a hydrolysed or single novel-protein diet, the safest treat is always that same diet. When in doubt, leave it out.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. Fill in the diet name and dates, agree the treat swaps with your vet, and get the whole household on board before day one. The diary and the challenge are overleaf.

ONE CHEAT CAN RESET THE WHOLE TRIAL



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The eight-week diary, the challenge, and proofing the house

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Score the itch each week (0 = normal, 10 = almost constant). A slow change is hard to see day to day but obvious as a trend. Note any slip-ups honestly, they explain a stalled week.

| WEEK | ITCH (0 TO 10) | SKIN & EARS | ANY SLIP-UPS? | NOTES |
|------|----------------|-------------|---------------|-------|
| 1 | _____ | _____ | _____ | _____ |
| 2 | _____ | _____ | _____ | _____ |
| 3 | _____ | _____ | _____ | _____ |
| 4 | _____ | _____ | _____ | _____ |
| 5 | _____ | _____ | _____ | _____ |
| 6 | _____ | _____ | _____ | _____ |
| 7 | _____ | _____ | _____ | _____ |
| 8 | _____ | _____ | _____ | _____ |

THE CHALLENGE AT THE END (DO NOT SKIP IT)

If the itch has improved on the trial diet, the trial is only proven by going back to the old food and watching the itch return, usually within two weeks. That flare is what confirms a food allergy. Then return to the diet that worked. Run the challenge with your vet so you both read it the same way.

PROOF THE HOUSE AND GARDEN AGAINST SCAVENGING

- Bins with lids the dog cannot open, food waste out of reach
- Other pets fed separately, bowls lifted straight after
- On walks: lead on near food litter, a solid leave-it, or a basket muzzle if they scavenge
- Kitchen counters and the dinner table cleared, no licking plates
- Children briefed: no sharing, watch for dropped food
- Garden checked for windfall fruit, compost and anything they graze on

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How to use. Log a score every week and take this to your review. The improvement plus the challenge flare together are what make the diagnosis, so see the trial through.

THE CHALLENGE IS WHAT PROVES IT