

The Elimination Diet Tracker

The only reliable test for food allergy in dogs is a strict elimination trial: one vet-chosen food and absolutely nothing else for 8 to 12 weeks. Most attempts fail on strictness, not willpower - this sheet is how yours succeeds. Full guide: drfossoms.com/dog-itchy-skin/food-allergies/

START DATE

TRIAL DIET (CHOSEN WITH YOUR VET)

RECHECK APPOINTMENT

House rules for the whole trial: nothing but the trial food - no treats, table scraps, rawhide, or flavored medications (flavored heartworm chews and toothpaste are the classic saboteurs; ask your vet for unflavored versions). Everyone in the house has to be in on it, including the neighbor with the biscuits. **One slip can reset the clock - log it, do not hide it.**

Weekly itch score (0 = no itching · 10 = constant, miserable)

WEEK	ITCH SCORE 0-10	SLIPS, NOTES, CHANGES (EAR FLARE-UPS, TUMMY, ENERGY)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

The rechallenge (the step that confirms it - do this with your vet)

OLD FOOD RE-FED ON (DATE)	ITCH RETURNED? (USUALLY WITHIN DAYS TO 2 WEEKS)	WHAT YOU SAW

Remember: skin answers slower than the gut - 8 weeks is the minimum and 12 is often needed. If the itch faded on the trial and returned on the rechallenge, you have found a real food trigger. If nothing changed by the recheck, that is a useful answer too: the cause is most likely environmental, and your vet moves to the next rung of the ladder.