



Diet Re-evaluation Quick Guide for Families

After you have worked through the Beginning Medical Treatments and ruled out acute pain, re-evaluate diet. Even if you already use gluten free and casein free strategies, other dietary factors may be driving symptoms.

Look Beyond Gluten-Free / Casein-Free

- Brain fog; lack of focus; hyperactivity; seizures; stimming
- Constipation or diarrhea
- Strong carb cravings

Reduce Processed Foods

- Allergy-type symptoms; repeated illness; inflammation on labs
- Anxiety or hyperactivity; poor sleep

Reduce Glutamate Load

- Restless mind; cannot turn brain off ; high anxiety; depression
- Disorganized attention; overwhelmed easily; migraines
- Seizures; tics; complex motor stereotypies (flapping/stimming)

Reduce Phenols / Salicylates (if sensitive)

- Abdominal pain; diarrhea; headaches
- Hives, eczema, or skin color changes; red cheeks/ears
- Allergy-like or respiratory issues; hyperactivity; stimming; night waking

Reduce High-Histamine Foods (if sensitive)

- Flushing; hives; itching; low blood pressure; palpitations
- Brain fog; muscle pain; peripheral neuropathy (numbness/tingling)
- Shortness of breath; skin sensitivity to topicals

Tip: Trial changes one at a time, keep a simple symptom log, and coordinate with your clinician.