

**MATTHEW J. RYAN VETERINARY HOSPITAL OF THE
UNIVERSITY OF PENNSYLVANIA**

Food Allergy Provocation Instruction Sheet

Now that your pet has shown improvement on a hypoallergenic diet, it is most important to prove whether food allergy is truly the problem (or a part of the problem) and to determine which ingredients are to blame. One or several common pet food ingredients may be responsible for your pet's skin problem.

In order to identify the offending ingredient(s), you must introduce the foods listed below, one at a time, and feed each for 10-14 consecutive days. If a commercial diet has been used as the special food elimination diet, each individual food listed below should be added (one at a time) to the commercial food. If a reaction is seen to a specific ingredient (usually a return of the symptoms seen prior to the special food elimination diet), you should immediately discontinue feeding that ingredient, and go back to the special diet (exclusively) until symptoms abate. This usually takes 3 to 7 days. Once the pet returns to "normal", the next ingredient is started. Keep a written record of which ingredients your pet tolerates and which he/she does not.

At the end of this exercise, you will have a list of "good" and "bad" ingredients for your pet. At that time, you should discuss the results with your pet's dermatologist and decide on a long-term diet plan. There may be commercial foods that your pet will tolerate (which do not contain the "bad" ingredients). Once such a food is found, and the pet is able to tolerate it for at least one month, it is likely that the food can be fed safely for the life of your pet.

ADD TO DIET

1. cooked ground beef ____/day
2. cooked chicken ____/day
3. cottage or other cheese ____/day
4. soy ____/day (tofu)
5. cooked lamb ____/day
6. hard boiled eggs ____/day
7. wheat ____/day (wheat pasta, germ, cereal)
8. corn ____/day (whole, frozen, or canned)
9. cooked pork ____/day