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Dietary Challenge Handout

You and your pet have successfully completed the initially portion of the hypoallergenic dietary trial. Now it is time to start the diet challenges. During this part of the trial, your pet will remain on the hypoallergenic food and you will add each individual challenge food to the diet. This part of the trial will help us determine what foods actually make your pet uncomfortable. Once we have determined this, Dr. Hubbard can make a recommendation for an over the counter, commercially available food.

This is a guide to help illustrate what foods will be used to complete each diet challenge. Each food will be challenged individually for 7 days or until the pet starts to show any signs of being uncomfortable. This will include **increased itching, licking, chewing, scooting, redness, inflammation, vomiting or diarrhea**. If any of these signs are noticed during the food challenge, you should discontinue the challenge food and feed only the hypoallergenic diet until the pet is comfortable again. Once the pet is comfortable again, you can start the next food challenge. If the pet makes it through 7 days of feeding the challenge food without any signs of any adverse reactions, then he/she is not allergic to that particular challenge food and it can be apart of the pet's normal diet.

There should always be a 3 day washout period between each diet challenge. So, if your pet makes it through 7 days of feeding a challenge food and there are no signs of an adverse reaction, you should do a 3 day washout period with just the hypoallergenic food. Once the washout period is complete, you can start the next challenge food.

Amount of challenge food to mix with the hypoallergenic diet:
Dogs: Small- ¼ cup twice daily Large- ½ cup twice daily
Cats: Small- 1/8 cup twice daily Large-1/4 cup twice daily

When selecting challenge food, do not use any canned meats (**NO canned chicken or tuna**) or pre-prepared foods (rotisserie chicken, etc). These challenges need to be prepared by you by boiling, baking, broiling or grilling (no frying) to insure there are no other preservatives, flavorings or seasonings that your pet may have an allergy to. Please record your pet's response to each challenge food by writing in his/her level of comfort (0 being totally comfortable and 10 being totally miserable) for each day the challenge food is given. Please call us with any questions or concerns!

Day	Dry Food	Rice	Fish	Chicken	Beef	Lamb	Pork	Egg	Tofu	Milk
One										
Two										
Three										
Four										
Five										
Six										
Seven										