



Template: Dog Food Allergy Identification Checklist

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Based on Article: "Identifying Food Allergies in Dogs and Nutritional Solutions"

Website: <https://therenownedhound.com>

A practical checklist for dog owners to systematically identify food allergies and establish nutritional solutions.

Checklist Items:

- ☐ **1. Observe Symptoms**
Monitor your dog's behavior for signs like itching, ear infections, or gastrointestinal issues. Take note of when and under what circumstances they occur.
Reference Section: Recognizing Symptoms: Skin, Ears, and Digestive Signs
- ☐ **2. Record Meal Times**
Keep a detailed diary of your dog's meals, including ingredients and timing, to help identify potential correlations between diet and symptoms.
Reference Section: How to Systematically Identify a Food Allergy: Step-by-Step Process
- ☐ **3. Conduct a Clinical History Review**
Review your dog's medical history with your veterinarian, ruling out external causes of symptoms such as fleas or environmental allergens.
Reference Section: Understanding Dog Food Allergies: Basics and Causes
- ☐ **4. Implement an Elimination Diet**
Start an elimination diet for 8-12 weeks using a single novel protein or hydrolyzed formula to monitor any improvements in symptoms.
Reference Section: Understanding Dog Food Allergies: Basics and Causes
- ☐ **5. Rechallenge With Original Diet**
After the elimination phase, reintroduce the original diet or suspected allergen to see if symptoms reoccur, confirming the allergy.
Reference Section: Understanding Dog Food Allergies: Basics and Causes
- ☐ **6. Monitor Symptom Timing**
Notice whether symptoms occur seasonally or persistently, as year-round issues are more likely to indicate a food allergy.
Reference Section: Recognizing Symptoms: Skin, Ears, and Digestive Signs
- ☐ **7. Consult with a Veterinarian**
Discuss findings with a veterinarian specializing in dietary sensitivities to explore further testing for allergies or intolerances if symptoms persist.
Reference Section: When to Seek Veterinary or Specialist Help

☐ **8. Transition to New Diet Gradually**

When introducing a new diet, do so gradually over several days to minimize gastrointestinal upset and better monitor reactions.

Reference Section: Practical Meal Planning and Transition Strategies

☐ **9. Identify Common Culprits**

Be mindful of common allergens such as beef, chicken, dairy, and wheat when choosing new food options for your dog.

Reference Section: Understanding Dog Food Allergies: Basics and Causes