



Template: Dog Food Allergy Management Checklist

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Based on Article: "Navigating Dog Food Allergies: Identifying Symptoms and Choosing the Right Diet"

Website: <https://therenownedhound.com>

A practical checklist to help dog owners identify symptoms of food allergies and manage their dog's diet effectively.

Checklist Items:

- ☐ **1. Keep a Symptom Log**
Record your dog's symptoms, including itching, ear infections, and gastrointestinal issues, along with meal and snack times for at least four weeks.
Reference Section: How to Recognize Symptoms of Dog Food Allergies
- ☐ **2. Monitor Diet Changes**
Switch to a single-source or limited-ingredient diet if you notice patterns in symptoms to evaluate for allergies.
Reference Section: How to Recognize Symptoms of Dog Food Allergies
- ☐ **3. Take Photographs**
Document the condition of your dog's skin and ears weekly to objectively track any changes over time.
Reference Section: How to Recognize Symptoms of Dog Food Allergies
- ☐ **4. Note Environmental Changes**
Record any changes in environment, such as new cleaning products or different walking areas, to distinguish potential allergy triggers.
Reference Section: How to Recognize Symptoms of Dog Food Allergies
- ☐ **5. Consult a Veterinarian**
Schedule a vet visit to review your dog's health, feeding history, and any symptoms to rule out other health issues before starting an elimination diet.
Reference Section: Confirming Whether It's a Food Allergy: Tests and Diagnostics
- ☐ **6. Conduct an Elimination Diet**
Follow a strict elimination diet using a novel protein or hydrolyzed formula, monitoring your dog's response while keeping detailed records.
Reference Section: Step-by-Step: Running an Elimination Diet at Home
- ☐ **7. Watch for Signs of Improvement**
Observe any changes in your dog's symptoms during and after the elimination diet to identify potential food allergens.
Reference Section: How to Recognize Symptoms of Dog Food Allergies

☐ **8. Rechallenge Carefully**

If allergens are suspected, gradually reintroduce foods one at a time while monitoring for any adverse reactions or returning symptoms.

Reference Section: [Confirming Whether It's a Food Allergy: Tests and Diagnostics](#)

☐ **9. Explore Hypoallergenic Food Options**

If allergies are confirmed, consider switching to hypoallergenic dog food options that utilize novel proteins or hydrolyzed formulas.

Reference Section: [Choosing Hypoallergenic and Allergy-Friendly Dog Foods](#)