

# Managing Pet Food Sensitivities

This playbook describes the process of identifying and managing food sensitivities and intolerances in pets. It outlines the steps to recognize signs of food issues, consult with a veterinarian, and adjust the pet's diet accordingly.

## Step 1: **Observe**

Monitor your pet for signs of food sensitivity, which may include gastrointestinal issues, like vomiting or diarrhea, or skin conditions, such as itching, rashes, or hair loss. Record any symptoms and their frequency.

## Step 2: **Consult Vet**

Schedule a consultation with a veterinarian to discuss your observations. They may recommend tests or an elimination diet to determine the specific cause of the sensitivities.

## Step 3: **Elimination Diet**

Follow the veterinarian's advice to start an elimination diet. This involves feeding your pet a limited-ingredient diet that excludes potential allergens and slowly reintroducing foods to identify the culprit.

## Step 4: **Reintroduce Foods**

Gradually reintroduce potential allergens to your pet's diet one at a time. Monitor your pet's response to each reintroduced food for a week or more to accurately pinpoint which food is causing the sensitivity.

## Step 5: **Adjust Diet**

Based on your findings and the vet's advice, create a long-term diet plan for your pet that avoids identified triggers and provides complete nutrition.

## Step 6: **Ongoing Monitoring**

Continuously monitor your pet's health for any new signs of food sensitivities, maintain the adjusted diet, and consult with the vet during regular check-ups or if any new symptoms arise.

# **General Notes**

## **Patience Required**

Identifying food sensitivities can be a lengthy process. It's vital to be patient and methodical to ensure accurate identification of the causative agents.

## **Vet Expertise**

Rely heavily on your veterinarian's expertise throughout this process. They are best equipped to interpret symptoms and suggest appropriate dietary changes.