

Restrictive Gut Diet Adequacy Audit

Review a typical week, not a perfect day.

Area	Do you have a repeat anchor?	Notes
Protein		
Calcium source		
Iron source		
Zinc source		
Magnesium-rich foods		
Fiber diversity		
Fruits and vegetables		
Enough total meals		

Bring this to a dietitian if restriction is prolonged, your safe-food list keeps shrinking, or medical risk is present.