

## ELIMINATION DIET FOR FOOD ALLERGIES AND SENSITIVITIES

Many allergies and sensitivities cannot be clearly identified using blood or skin tests, therefore one of the least invasive ways to help identify foods which may be causing physical or behavioral symptoms is the Elimination Diet.

The Elimination Diet is comprised to two phases, an *Elimination phase* and a *Challenge phase*. During the Elimination phase, foods that are known to cause allergies are completely removed from the diet for 2-4 weeks. During this time, the diet is based on foods that generally do not cause reactions, so that the body can eliminate food allergens, allowing symptoms to clear.

During the Challenge phase, systematically add the eliminated foods back into the diet. One challenge food is added every 3 days. Record all reactions for discussion at your next visit.

### Summary:

1. Follow the Elimination Diet for 2-4 weeks.
2. Check in with Allergy Nurse at North Kitsap Ear, Nose and Throat/Kitsap Allergy Care to ensure all symptoms have cleared and that it is safe to move on to the Challenge phase.
3. Follow guidelines for challenging foods, keeping a detailed record of reactions. Foods should be consumed 3 times on day 1 and days 2 and 3 are strictly for observation (**DO NOT CONSUME CHALLENGE FOODS ON DAYS 2 AND 3**).
4. If symptoms do occur, stop challenge immediately, record reaction, and do not start challenge again until you have been symptom free for 24 hours. Many times you will eat a food one day and feel fine, but the second day you will notice that you are reacted to the food. Signs to look for include: headache, itching, bloating, nausea, dizziness, fatigue, diarrhea, indigestion, anal itching, sleepy 30 minutes after a meal, flushing, or rapid heartbeat. If you are unsure, take the food back out of your diet for at least one week and try again.

### Foods Allowed During the Elimination Phase: PLEASE READ ALL INGREDIENTS CAREFULLY. YOU WANT TO EAT ONLY THOSE INGREDIENTS THAT ARE SPECIFICALLY ALLOWED.

- Rice: all types, 100% rice cakes, 100% rice crackers, rice noodles, dry cereals: puffed rice cereal, rice milk (read all ingredients, do not use if it has corn or other prohibited ingredients), crispy brown rice, 100% rice bread
- Additional grains: If desired, you can add these specific grains: Quinoa, Buckwheat (this is not the same as wheat), Millet, Amaranth, Teff, Tapioca and Potato Flour
- Fruits: All fruits are allowed except for citrus fruits. Avoid: oranges, lemons, grapefruits, tangerines, tangelos, etc. If you suspect Candida, limit fruits or avoid completely during these initial weeks. Use fresh, canned fruits in own juices, and you can also cook or poach fruits
- Vegetables: Use a wide variety. All vegetables except corn are allowed. You may also want to eliminate the “nightshade family”: tomatoes, peppers (red, green, yellow, chili peppers, cayenne, chili powder, etc.), eggplant and potatoes. You can use vegetables any way: steamed, raw, juiced, roasted, salads, stir-fried or grilled
- Fish: All fresh/wild fish are okay. Canned tuna packed in water only. Canned fish okay. Avoid shellfish, swordfish, shark, tile fish and king mackerel
- Meats: Use organic poultry, beef, lamb and pork
- Nuts and seeds: Coconut, pine nuts and flax seeds

- Oils and Fats: Sunflower, olive, flax, ghee. Use cold-pressed or expeller-pressed, virgin olive oils only
- Sweeteners: Use sparingly: brown rice syrup, agave nectar, stevia, fruit sweetener, blackstrap molasses
- Beverages: Water is the best beverage, carbonated water (no flavorings), pure fruit juices without sugar or additives (dilute 50% with water), and herbal teas without caffeine, mineral water or seltzer
- Dairy Substitutes: Rice milk
- Spices and condiments: salt in moderation, pepper, herbs either fresh or dried (without preservatives, citrus or sugar), garlic, ginger, onions, mustard, basil, carob, cinnamon, cumin, dill, oregano, rosemary, tarragon, thyme, turmeric and vinegar
- Legumes: Lentils, navy beans, black beans, split peas, string beans. Dried beans should be soaked overnight. Pour off water and rinse before cooking. Canned beans often contain added sugar or other potential allergens. If you want to use canned beans, look to health food store brands

### **Foods to Eliminate:**

- Dairy: All dairy products, including all mammals milks (goat, sheep, cow), cheeses, yogurt, ice cream and any other foods containing whey or casein
- Grains/Legumes: Wheat, barley, rye, oats, kamut and spelt, corn and soy
- Nightshade Vegetables: Tomatoes, potatoes, eggplant, okra, bell peppers, chili peppers
- All corn products :including corn starch, corn syrup or high fructose corn syrup
- Eggs
- Fruits: Citrus, red grapes
- Oils: Peanut, corn, soy (vegetable oils most often contain soy so read labels carefully)
- Refined sweeteners: White sugar, brown sugar, turbinado sugar, lactose, maltose, corn syrup
- Condiments: seasoned salt, ketchup, tamari, soy sauce, Worcestershire sauce, BBQ sauce, steak sauce, most mustards
- Sulfites: some dried foods, packaged shellfish, balsamic vinegar, modified food starch, horseradish, pickles, frozen fruit juices, olives, fresh shrimp, shredded coconut, **ALL** canned foods
- Food additives: artificial colors, flavors, sweeteners, preservatives, texturizing agents
- Caffeinated foods: cocoa, chocolate, coffee, black tea
- Alcohol: beer, wine, liquor, extracts and some medications

### **Challenge Phase**

Below is a list of foods and quantities to be consumed during the challenge phase. Foods should be consumed 3 times on day 1 and days 2 and 3 are strictly for observation (**DO NOT CONSUME CHALLENGE FOODS ON DAYS 2 AND 3**). Remember to record all reactions, if any. If a reaction occurs, stop consuming the challenge food; a new food can be introduced **ONLY** after symptom free for 24 hours. Should any extreme reactions occur, please contact Allergy Nurse at North Kitsap Ear, Nose and Throat/Kitsap Allergy Care immediately.

#### **Dairy**

Milk: Use 1 cup of cow's milk.

Suggestions: Drink straight or pour on elimination diet friendly cereal.

Cheese: Use 1 – 2 oz. hard cheese.

Suggestions: eat alone or with elimination diet friendly toast

Egg Whites: Use 1-2 egg whites (separate from yolk)

Suggestions: scrambled, fried, hard boiled.

Egg yolk: use 1 -2 yolks (separate from egg whites)

Suggestions: scrambled, fried, hard boiled.



## **Grains/Legumes**

Gluten: Use non-wheat gluten source

Suggestions: 1 cup cooked oatmeal, 1 cup cooked barley, 100% rye bread

Wheat: use 100% whole wheat

Suggestions: shredded wheat with rice milk, 1 cup pure wheat pasta

Corn: Use 100% corn

Suggestions: 1 cup corn grits, 1 cup frozen corn

Soy: Use 1 cup soy or soy-based food

Suggestions: 1 cup soymilk, 1 cup edamme

## **Vegetables**

Nightshades: 1 cup raw, sautéed, or fried

Suggestions: 1 cup tomato juice, 1 cup sautéed potatoes

## **Fruits**

Citrus: 1 whole fruit

Red grapes: ½ - 1 cup organic red grapes

## **Others**

Sugar: use 4 tsp white sugar

Suggestions: on cereal, fruit or in drink

Chocolate: Use 1 – 2 tbsp baker's chocolate or cocoa powder

Suggestions: make hot cocoa with water or rice milk, sprinkle into hot elimination diet friendly cereal

Caffeine: drink ½ cup green tea

## **Tips:**

- The first 2 – 3 days are the hardest. It's important to go shopping to get all of the foods you are allowed to have. Plan your meals and have a pot of rice available.
- Eat regular meals. You may also want to snack to keep your blood sugar levels normal. It is important to keep blood sugar levels stable. Carry food with you when you leave the house to avoid straying off the plan.
- Avoid any foods that you know or believe you may be sensitive to, even if they are on the "allowed" list.
- Try to eat at least three servings of fresh vegetable each day. Choose at least one serving of dark green or orange vegetables (carrot, broccoli, and winter squash) and one raw vegetable each day. Vary your selections.
- This is NOT a weight loss program. If you need to lose or gain weight, work with your practitioner on a program.
- Buy organic produce when possible.

## **Results:**

By avoiding symptom provoking foods and taking supportive supplements to restore gut integrity, most food allergies/sensitivities will resolve within 4 – 6 months. This means that in most cases you will then be able to again eat foods that formerly bothered you. In some cases, you will find that the allergy doesn't go away. In this case, either you must wait longer or it may be a "fixed" allergy that will remain lifelong.