



## Elimination Diet

**Purpose:** To identify offending foods. This method is not needed for foods for which you have already had a severe reaction, such as to seafood or strawberry.

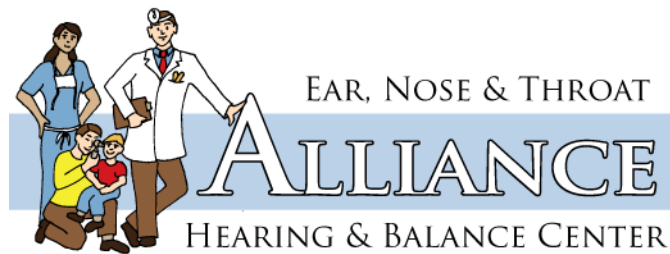
A carefully recorded series of elimination diets can identify most food allergies, but, if you have had a blood test (RAST) for food allergies, you may be able to narrow the number of foods to be tested. Remember, blood testing is not an accurate measure of a food allergy. The suspicion raised by this test must be confirmed by an elimination diet.

- An elimination diet starts with the avoidance of **one** specific food type for **8 days** and then a re-exposure, or **challenge**, to that food.
- After starting an elimination diet, your symptoms may get worse, but should clear by 5-8 days.
- An elimination test requires careful shopping: read all labels carefully. Avoid packaged and prepared foods.
- To measure the effectiveness of the test, you must keep a **diary** of symptoms each day. List all food and medicine ingested along with your symptoms and their severity daily. Review the diary with your doctor.
- Do not take antihistamines that will block the reactions, especially during the challenge.
- If you get a cold during the test weeks, you must prolong or repeat the test.

## General food categories

**Dairy products:** milk, cheese, butter, ice cream, yogurt, margarine, whey, casein (caseinate), lactose, milk solids, cakes, candy, chocolate, cheese, chowder, cookies, crackers, lactaid milk, non-dairy products, sour cream, tuna (may contain casein), yogurt

*Substitutes:* rice dream, goat or soy milk, Tofutee (if not soy sensitive)



**Wheat products:** most breads, cakes, crackers, pastas, semolina, flours, wheat cereals, beer, gin, biscuits, bouillon, cookies, doughnuts, luncheon meats, matzos, mayonnaise, pancakes, waffles, some soups

*Substitutes:* rice cakes, wheat-free breads and pastas, Rye-Krisp, oats, alternative grains: quinoa, amaranth, etc.

**Corn products:** corn syrup, starch, oil and sweeteners (fructose, malt, maize), alcohol beverages, baking powder, bouillon, candy, carbonated beverages, catsup, cookies, cough syrups, distilled vinegar, fruit drinks, gelatin desserts, gum, ham, ice cream, jams, jellies, lunch meats, margarine, peanut butter, popcorn, powdered sugar, pudding, salad dressing, sauces, sherbets, soup, tortillas

*Substitutes:* maple syrup, olive oil

**Egg products:** albumin, meringue, ovo, baked goods, batters, bouillon, bread, breaded foods, cakes, cookies, egg substitutes, french toast, hollandaise sauce, ice cream, marshmallow, mayonnaise, noodles, pancakes, salad dressings, souffles, soup, tartar sauce, waffles

**Soy products:** soy sauce and flour, Tofu, miso, lecithin, breads, cakes, candies, cereals, crackers, ice cream, lunch meats, margarine, milk substitutes, natta, salad dressings, sauces, soup, vegetable oil

**Citrus:** oranges, lemons, limes, grapefruit, citric acid

**Yeast:** most breads and rolls, beer, wine, all cheeses, honey, many condiments, mushrooms, olives, sugar cane, vinegar, crackers, cake mix, pastries, pretzels

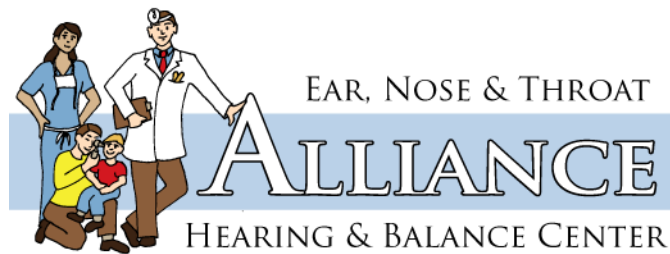
You can eat

- most meats and fish (avoid hot dogs, lunch meats, sausage, bacon)
- fruits (avoid citrus fruits)
- vegetables (avoid corn)
- rice

## The Challenge

After 8 days of the elimination diet, you should eat a small portion of the suspected food allergen on day 9. If there is no symptoms within 4 hours, eat a larger portion. If you have a reaction, you have proven your food allergy. If you have no symptoms, that food product is safe to eat.

You must then wait 4 days before starting to test for different food allergy.



## Treatment

At this time, there is no cure for food allergies.

a.) For people who are extremely sensitive, they must avoid any exposure to the allergen, including touching or inhaling the food as well as touching any surfaces that may have come into contact with it.

Persons diagnosed with a severe food allergy should carry an autoinjector of epinephrine such as an EpiPen or Twinject, wear a medical alert bracelet or necklace, and be prepared to call 911 for emergency medical care.

b.) At this time, there are no allergy desensitization or allergy "shots" available for food allergies.

c.) Oral antihistamines (link) can be useful in treating many of the early symptoms of a mild allergic reaction to a food.

c.) For people with less food sensitivity, the choice is avoidance diets, in which the allergic person avoids all forms of the food to which they are allergic, or rotation diets.