



## Rotation Diet

This is a diet where known food products that produce mild symptoms are eaten no more than once every 4 days.

### Day 1

Protein: perch, salmon, trout, chicken, duck, duck eggs

Grain: quinoa

Vegetables: artichoke, chicory, escarole, leaf lettuce, Romaine lettuce, beets, chard, spinach, swiss chard, carrot, celery, fennel, parsnip

Fruits: banana, mango, grape, raisins, papaya, kumquat, lime, orange

Nuts and seeds: tarragon, cream of tartar, oil of wintergreen, anise, caraway, celery seeds, cicely, coriander, cumin, dill, lovage, parsley

Fats and oils: cashew butter, sesame oil

Beverages: cashew nut milk, grape juice, green tea

### Day 2

Protein: cod, haddock, crab, crayfish, herring, pork

Grain: corn flour, grits, popcorn, millet, teff

Vegetables: corn, cucumber, pumpkin, squash, asparagus, garlic, leeks, onions, scallions, shallot

Fruits: apple, pear, cantaloupe, casaba melon, honeydew melon, watermelon, avocado, star fruit, pineapple, pomegranate

Nuts and seeds: pine (pignolia) nut, poppy seed

Spices: cardamom, ginger, saffron, cinnamon, chives, nutmeg

Fats and oils: corn oil, olive oil

Sweeteners: corn syrup, stevia

Beverages: pear nectar, herbal tea, pineapple juice

### Day 3

Protein: deer, flounder, halibut, sole, abalone, clams, mussels, scallop, tofu, turkey

Grain: amaranth, buckwheat, potato flour, garbanzo flour, soy flour, soybean flour

Vegetables: pepper (green, purple, red), potato, tomato, alfalfa, clover sprouts, fava beans, green beans, kidney beans, lentils, lima beans, mung beans, pinto beans, soybeans

Fruits: kiwi, blueberry, cranberry, dates

Nuts and seeds: peanuts, soy nuts, pecan, walnut

Spices: cayenne pepper, paprika, chili pepper, fenugreek, licorice, white pepper

Fats and oils: peanut oil, peanut butter

Sweeteners: maple sugar and syrup

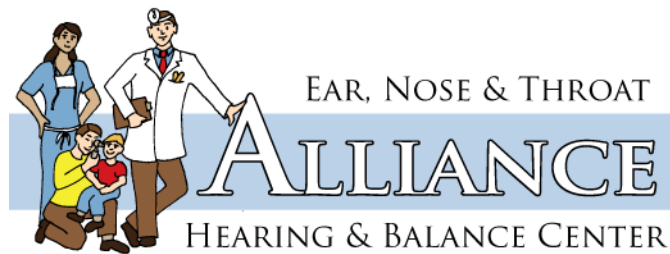
Beverages: cranberry juice, tomato juice

### Day 4

Protein: swordfish, mackerel, tuna, lamb

Grain: cottonseed meal, wild rice

Vegetables: bamboo shoots, okra (gumbo), bokchoy, broccoli, brussel sprouts, cabbage, cauliflower, collard greens, garden cress, kohlrabi, turnip



Fruits: cranberry, fig, guava, apricot, cherry, nectarine, peach, plum, prune, raspberry (red, black)

Nuts and seeds: almond, chestnut, Brazil nut, Macadamia nut, water chestnut

Spices: caper, horehound, lavender, marjoram, mint, oregano, peppermint, rosemary, sage, savory, spearmint, thyme

Fats and oils: flaxseed oil, cottonseed oil

Beverages: goat milk, mint teas, prune juice, raspberry leaf tea

Miscellaneous: gelatin

### **Egg Substitutes**

- 2 tablespoons water with 1 tablespoon oil and 2 tablespoons baking powder
- 2 tablespoons water with 2 teaspoons baking powder
- 3 tablespoons water with 1 tablespoon ground flax
- Egg Replacer- a powder substitute from Ener-G-Foods

### **Milk Substitute**

Place ¼ cup of nuts and 8 oz water in blender. Blend until smooth and strain if desired. Add a small amount of sweetener if desired and diet allows.

### **Digestive enzyme supplements**

Can help reduce gas and bloating

### **Help**

- Health food stores  
**Simply Natural**, Mendon Rd, Cumberland, RI  
**Foodworks**, 9 Cedar Swamp Rd, Smithfield RI phone: 232-2410
- Books: **Tracking Down Hidden Food Allergies, Complete Candida Yeast Guidebook, If This is Tuesday- It Must Be Chicken, Special Diets For Kids, The Yeast Connection Handbook**
- Cookbooks: **Allergy Cooking With Ease, Dairy Free Cookbook, Special Diet Solutions, The Complete Food Allergy Cookbook, The Yeast Connection Cookbook**

Internet resources: [www.foodallergy.org](http://www.foodallergy.org) and [www.FoodAllergyInitiative.org](http://www.FoodAllergyInitiative.org)