



**MEDITRINE
NATUROPATHIC
MEDICAL CLINIC**

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ELIMINATION DIET

FOODS YOU MUST AVOID:

DAIRY PRODUCTS: milk, cheese, butter, yogurt, sour cream, cottage cheese, whey, casein, sodium caseinate, calcium caseinate, any food containing these

WHEAT: most breads, spaghetti, noodles, pasta, most flour, baked goods, durum semolina, many gravies, etc.

CORN: including any product with corn oil, vegetable oil from an unspecified source, corn syrup, corn sweetener, dextrose, glucose, corn chips, tortillas, popcorn

EGGS: avoid whites and yolks, and any product containing eggs

CITRUS FRUITS: oranges, grapefruits, lemons, limes, tangerines

COFFEE, TEA, ALCOHOL : Must avoid both caffeinated and decaffeinated coffee, as well as standard (such as Lipton) tea and decaffeinated tea. Herb teas are okay.

REFINED SUGARS : including table sugar and any foods that contain it; candy, soda, pies, cake, cookies, etc. Other names for sugar include sucrose, glucose, dextrose, corn syrup, corn sweetener, fructose, maltose, and levulose. These must all be avoided. Some patients will be allowed 1-3 teaspoons per day of honey or maple syrup. This will be decided on an individual basis.

HONEY/MAPLE SYRUP (1-3 teaspoons per day): Allowed Not allowed

FOOD ADDITIVES: including artificial colors, flavors, preservatives, texturing agents, artificial sweeteners, etc. Most diet sodas and other dietetic foods contain artificial ingredients and must be avoided.

ANY OTHER FOOD YOU EAT MORE THAN 3 TIMES A WEEK: Any food you are now eating 3 times a week or more should be eaten no more than every 4th day while on the diet. If you have been eating chicken or iceberg lettuce 3 or more times a week, avoid them completely and put them in later as test foods. Turkey or other varieties of lettuce may be substituted.

TAP WATER (includes cooking water): Allowed Not allowed. If tap water not allowed, use spring or distilled water bottled in glass or heavy plastic. Water bottled in soft (collapsible) plastic tends to leach plastic into the water. Most water filtration systems do not take out all potential allergens.

NOTE: Many packaged foods contain one or more of the above. **PLEASE READ LABELS!**

FOODS YOU MAY EAT:

CEREALS: HOT — Oat meal, oat bran, cream of rye, Rice and Shine. DRY — Puffed rice, puffed millet, Oatio's (wheat-free), Good Shepherd (wheat-free), Crispy Brown Rice Cereal. Diluted apple juice with apple slices and nuts go well on cereal. May use soy milk that has no corn oil added (such as some Eden Soy products; please read the ingredients carefully). Also may use almond nut milk. Most of these foods are available in health food stores.

GRAINS AND FLOUR PRODUCTS: Rice cakes, rice crackers; Dimplemeyer rye bread (100% rye bread with no wheat); also 100% rye bread from Natures Garden Bakery; Oriental noodles, such as 100% buckwheat Soba noodles; soy, rice, potato, buckwheat and bean flours; rice or millet bread (as long as they do not contain dairy, eggs, sugar, or wheat); cooked whole grains including oats, millet, barley, buckwheat groats (kasha), rice macaroni, spelt (flour and pasta) brown rice, amaranth, quinoa. Most of these grains are available at health food stores.

LEGUMES (BEANS): Includes soybeans, tofu, lentils, peas, chickpeas, navy beans, kidney beans, black beans, string beans, and others. Dried beans should be soaked overnight. Pour off the water and rinse before cooking. Canned beans often contain added sugar or other potential allergens. Some cooked beans packaged in glass jars, sold at the health food store, contain no sugar. Read labels. May also use bean dips without sugar, lemon, or additives. Canned soups include split pea and lentil soup (without additives).

VEGETABLES: Use a wide variety. All vegetables except corn are permitted.

PROTEINS: Meat, chicken, fish, tuna packed in spring water, turkey, grain/bean casseroles (recipes in vegetarian cookbooks). Shellfish is not restricted from an allergy standpoint, but is not considered particularly healthful. Beef and pork may be eaten unless specified otherwise. Lamb rarely causes allergic reactions, and may be used even when other meats are restricted. Soy cheese may be used as a cheese substitute, if there are no dairy components such as casein or caseinate.

NUTS AND SEEDS: Nuts and seeds, either raw or roasted without salt or sugar. To prevent rancidity, nuts and seeds should be kept in an air-tight container in the refrigerator. May also use nut butters from health food stores or from fresh ground nuts (this includes peanut butter, almond butter, cashew butter, walnut butter, sesame butter, and sesame tahini). Nut butters go well on celery sticks and crackers.

SNACKS: Celery, carrot sticks or other vegetables; fruit in moderation (no citrus); unsalted fresh nuts and seeds; Barbara's Granola Bars (from health food stores); wheat-free cookies (check ingredients). Sweeteners may be honey, barley malt, maple syrup or fruit juice (not citrus).

BEVERAGES: Herb teas (no lemon or orange); spring water in glass bottles; seltzer (salt free); Perrier; pure fruit juices without sugar or additives (dilute 50:50 with water); almond nut milk (Nut Quick); soy milk without corn oil (such as Eden Soy Plain); Cafix, Inka and Roma may be used as coffee substitutes. Tap water contains chlorine, fluoride

and other potentially allergenic chemicals. In some cases, distilled or spring water in glass bottles is the only water allowed. This would include water used for cooking. If tap water is eliminated, it should be reintroduced as if it were a test food. Restrictions on the type of water permitted will be made on a case by case basis.

SWEETENERS: Honey and real maple syrup (not imitation) are allowed in some cases, maximum of 3 teaspoons a day.

OILS AND FATS: Sunflower, safflower, olive, sesame, peanut, flax seed (edible linseed) and soy oils. Use cold-pressed or expeller-pressed oils (available from health food stores), as they are safer for the heart and blood vessels. Do not use corn oil or “vegetable oil” from an unspecified source, as this is usually corn oil. Also available are Nasoya mayonnaise, Nasoya tofu dressing. Soy and sunflower or safflower margarine are OK from an allergy standpoint, but we do not consider margarine a safe food, as there is evidence it may promote heart disease. It is acceptable to use margarine during the elimination and testing period. However, if you are not allergic to butter, we recommend it instead of margarine, once you have completed food testing.

THICKENERS: Rice, oat, millet, barley, soy, or amaranth flours; arrowroot, agar.

SPICES AND CONDIMENTS: Salt in moderation; pepper, herbal spices without preservatives or sugar; garlic, ginger, onions; catsup and mustard from the health food store (without sugar); wheat-free tamari sauce; Bragg liquid aminos; vitamin C crystals in water as a substitute for lemon juice.

EGG SUBSTITUTE (only for use as a binder in baking): Put 1/3 cup water and 1 tbsp. whole flax seed in small saucepan. Bring to boil, then reduce heat so mixture bubbles slowly. Avoid overheating. Cook 5 minutes or until mixture is the consistency of a raw egg white. Do not need to strain out flax seed after cooking. Mixture will bind patties, meat loaves, cookies, etc., but will not leaven like eggs for souffles or sponge cakes. Recipe makes enough to substitute for 1 egg.

MISCELLANEOUS: Sugar-free spaghetti sauce; Sorrell Ridge fruit jellies without sugar or lemon juice; other fruit-only jellies that do not contain lemon juice or honey; soups (Hain split pea, lentil, turkey/vegetable, etc.).

DINING OUT: Ask for fish topped with slivered almonds without butter or lemon. Get baked potato with a slice of onion on top. Order steak or lamb chops with fresh vegetables. Use salad bars and bring your own dressing (oil and vinegar with chopped nuts/seeds and fresh herbs). At Chinese restaurants, ask for no MSG, corn starch, or soy sauce (contains wheat). Be aware that some other restaurants may also use these ingredients as flavor enhancers.

GENERAL TIPS: Be sure to read labels! Hidden allergens are frequently found in packaged foods. “Flour” usually means wheat; “vegetable oil” may mean corn oil; and casein and whey are dairy products. Make sure your vitamins are free of wheat, corn, sugar, citrus, etc. Bioflavonoids in vitamin tablets are usually from citrus. Vary your diet,

choosing a wide variety of foods. Do not rely on just a few foods, as you may become allergic to foods you eat every day! Be sure to eat a good breakfast and have between-meal snacks to prevent your blood sugar from falling while on this diet. If you fail to follow this advice you may lose weight too rapidly on this diet and experience fatigue! To ensure adequate fiber, eat beans, permitted whole grains, whole fruits and vegetables, nut and seeds.

TESTING INDIVIDUAL FOODS: It may take 3 weeks for symptoms to improve enough to allow you to retest foods. However, you may begin retesting after 2 weeks if you are sure you are feeling better. If you have been on the diet for 4 weeks and feel no better, contact the office for further instructions. Most patients do improve. Some feel so well on the diet that they decide not to test the foods. This could be a mistake. If you wait too long to retest, your allergies may “settle down” and you will not be able to provoke your symptoms by food testing. Then, you will not know which foods you are allergic to. If reintroducing certain foods causes a recurrence of symptoms, you are probably allergic to those foods.

Allergic reactions to test foods usually occur within 10 minutes to 12 hours after ingestion. However, arthritic reactions may be delayed by as much as 48 hours. Eat a relatively large amount of each test food (such as a large glass of milk) at breakfast, along with any of the foods on the “permitted” list. If any of your original symptoms come back, or if you develop a headache, bloating, nausea, dizziness, or fatigue, do not eat that food anymore and place it on your “allergic” list. If no symptoms occur, eat the food again for lunch and supper and watch for reactions. Even if the food is well tolerated, do not add it back into your diet until you have finished testing all of the foods. If you are uncertain whether you have reacted to a particular food, remove it from your diet and retest it 4-5 days later. Foods you never eat and known offending foods do not have to be tested.

Foods may be tested in any order. Test one new food each day. If your main problem is arthritis, test one new food every other day, since joint pain reactions may be delayed. Test pure sources of a food. Example: do not use pizza to test cheese, because pizza also contains wheat and corn oil.

Dairy tests — Test milk and cheese on separate days. You may wish to test several cheeses on different days, since some people are allergic to one cheese but not another. It is usually not necessary to test yogurt, cottage cheese, or butter separately.

Wheat test — Wheatena (with no milk or sugar) or another pure wheat cereal. May add soy milk.

Corn test — Use fresh ears of corn or frozen corn (without sauces or preservatives).

Egg test — One or two whole eggs, hardboiled, softboiled or poached, without butter.

Citrus test — Oranges, grapefruits, lemons, and limes. Test these individually on four separate days. The lemon and lime can be squeezed into Perrier or Seltzer. In the case of orange and grapefruit, use the whole fruit.

Frequently eaten foods — If you have eliminated any foods that were being consumed more than three times a week, retest them, as well.

Optional tests — The following foods and beverages are considered undesirable, regardless of whether or not you are allergic to them. If any of them are not now a part of your diet, or if you are fully committed to eliminating them from your diet, there is no need to test them. However, if you have been consuming any of them regularly, it is a good idea to test them and find out how they affect you. Reactions to these foods and beverages may be severe in some cases. They should be tested only on days that you can afford to feel bad.

Coffee and tea tests (separate days) — Do not add milk, non-dairy creamer or sugar. May add soy milk. If you use decaffeinated coffee, test it separately. Coffee, tea, decaffeinated coffee, and decaffeinated tea are separate tests.

Sugar test — Put 4 teaspoons of sugar in a drink or on cereal, or mix with another food.

Chocolate test — Use 1-2 tablespoons of pure baker's chocolate or Hershey's cocoa powder.

Alcohol test (test this last) — Beer, wine, and hard liquor may require testing on different days, as the reactions to each may be different. Have 2 drinks per test day, but only if you can afford not to feel well that day and possibly the next day.

Food additive test — Buy a set of McCormick's or French's food dyes and colors. Put 1/2 teaspoon of each color in a glass. Add one teaspoon of the mixture to a glass of pineapple juice or diluted (50:50 with water) grape juice.

ROTATION DIETS: At your follow-up visit, we may need to discuss rotation diets. One cause of food allergy is eating the same foods all of the time. If you have an allergic constitution and eat the same foods every day, you may eventually become allergic to them. After you have discovered which foods you can eat safely, make an attempt to rotate your diet. A four-day schedule is necessary for some severely allergic patients, but most people can tolerate foods more frequently than every four days. Use common sense and consume a wide variety of foods. Do not just latch onto a few favorites. It is not necessary to do strict food rotation during the elimination and retesting periods.

WITHDRAWAL SYMPTOMS: About one in four patients develops mild "withdrawal" symptoms a few days after starting the diet. Withdrawal symptoms may include fatigue, irritability, headaches, malaise, or increased hunger. These symptoms generally disappear with 2-5 days and are usually followed by an improvement in your original symptoms. If withdrawal symptoms are too uncomfortable, take vitamin C crystals (from health food stores: 1,000 mg in water, up to 4 times a day) or 3/4 of a teaspoon of "alkali salts" in water as needed, up to 3 times a day for several days. Alkali salts are available at Weiner's Pharmacy. Alka Seltzer Gold, 2 tablets in water, 3 times a day for several days may also work. Regular Alka Seltzer would also work, but it contains aspirin, which could upset your stomach. In most cases, withdrawal symptoms are not severe and do not require treatment. It is best to discontinue all of the foods abruptly ("cold turkey"), rather than easing into the diet slowly.

ADDITIONAL INFORMATION: SYMPTOMS THAT MAY BE DUE TO FOOD ALLERGY

General: Fatigue, anxiety, depression, insomnia, food cravings, obesity

Infections: Recurrent colds, urinary tract infections, sore throats, ear infections, yeast infections

Ear, Nose and Throat: Chronic nasal congestion, postnasal drip, fluid in the ears, Meniere's syndrome

Gastrointestinal: Irritable bowel syndrome, constipation, diarrhea, abdominal cramping, ulcerative colitis, Crohn's disease, gallbladder disease

Cardiovascular: High blood pressure, arrhythmia, angina

Dermatologic: Acne, eczema, psoriasis, canker sores (aphthous ulcers), hives

Rheumatologic: Muscle aches, osteoarthritis, rheumatoid arthritis

Neurologic: Migraines and other headaches, numbness

Miscellaneous: Asthma, frequent urination, teeth grinding, bedwetting, infantile colic

Note: Most of these disorders have more than one cause, but food allergy is a relatively common and frequently overlooked cause.