

# Little Rock Family Practice Clinic Elimination Diet A

Elimination diets are not new, Hippocrates wrote 2,000 years ago: “If a man avoids cheese for several days and then partakes, he will be much injured.” This is the basis for the elimination diet.

An elimination diet is not easy to carry out but can be **the very test** that will give us the answer to your chronic problem. We are here to help you through the diet.

I have recommended this diet to help identify and avoid offending foods. I will suggest that you omit one food or multiple foods at the same time. To be successful, we need your complete cooperation in avoiding foods for 7-10 days. You should continue to use prescription medications during the diet but discontinue any vitamins, herbs, or over the counter medications that you are taking. Most patients will have an initial increase in symptoms and generally feel worse on the second to fourth day. That is not unusual. Headache, fatigue, and general malaise are fairly common. You may use Tylenol, aspirin, or Alkaseltzer Gold for relief of these symptoms. A weight loss of 3 to 4 pounds usually occurs. You should feel better by the 4th or 5th day, so don't give up

## **Foods allowed on elimination diet A**

**Meats:** Chicken, turkey (that has not been basted with milk or corn or any other additives i.e. Butterball), fish, (bass, catfish, crappie) lamb, shrimp, deer, rabbit, duck, oysters, clams, lobster, crab, squirrel, pheasant, frog legs, and quail.

**Fruits:** Apples, apricots, bananas, blackberries and blueberries, cantaloupe, cherries, cranberries, coconut, dates, dewberries, figs, grapes, loganberries, mangos, peaches, pears, persimmons, pineapple, plums, prunes, raspberries, strawberries, watermelon.

**Vegetables:** (Omit any vegetable eaten more than twice per week). Sweet potatoes, white potatoes, cabbage, carrots, squash, asparagus, cauliflower, celery, okra, onions, radishes, greens, cucumbers, egg plant, Brussels sprouts, kale, avocado, broccoli, parsnips, collards, and rutabaga.

**Grains:** Rice, barley.

**Nuts:** Pecans, cashew, almonds, Brazil nuts, hazel nuts, chest nuts, pistachios, English walnuts, black walnuts, hickory nuts.

**Beverages:** Bottled water is best. Unsweetened juices of the berries allowed, i.e., grape juice.

**Oils:** Safflower and sunflower oils (Ok to use for frying).

Foods may be baked, boiled, or broiled or microwaved, they may be fried with safflower or sunflower oil. Bottled water is readily available.

## **Foods to avoid**

### **Avoid all foods and liquids to which you are known to react.**

**Milk and all milk products** including cheese, butter, ice cream, margarine, yogurt, cream soups, bread, crackers, cookies, cakes, candies, luncheon meats, manufactured and processed foods containing milk.

**Avoid egg and egg-containing foods** including custards, cakes, cookies, ice cream, pies, macaroni, salad dressings, noodles, pancake and waffle mixes, manufactured and processed foods.

**Avoid corn, and wheat, or** products containing these grains such as breads, cookies, crackers, cereals, batters, luncheon meats, candies, packaged and processed foods.

**Avoid all sugar containing foods** including candies, cokes, pies, cakes, cereals, and processed and packaged foods containing beet or cane sugar.

**Avoid all citrus including** orange, grapefruit, lemon, and all foods containing citric acid.

**Avoid all chocolate and cola containing foods** including all chocolate candies.

**Avoid all forms of beef and pork**

**Avoid all yeast containing foods** including breads, wine, vinegar, mushrooms, vitamins, condiments, dried fruits.

**Avoid all coffee and tea, and alcohol products**

**Legumes and nuts:** Avoid peanuts, beans and peas (except green beans).

## **General instructions**

Look at your (or your child's) calendar to see if there is any reason to postpone beginning the diet, i.e. a birthday party, holiday, or family occasion in the next 3 weeks. You will need several days to shop and get ready. You have food at home that should not be on the diet. Take several days or a week to use these up. As you use these foods up, transition into the diet using foods allowed on the diet that would interfere with avoidance or reading foods into the diet. The closer this diet is followed, the more likely you will be successful in discovering food reactions.

Remember, you will probably feel worse on day 2, 3 and 4. If you have true food reactions you should begin to feel better on day 3, 4, or 5. You may use the medications as discussed above for relief. You will continue the diet for 7-10 days.

If your symptoms begin to clear, call the office and make an appointment for the 7<sup>th</sup> to 10<sup>th</sup> (or so) days to review your progress and enter the food challenge phase. Stay on the diet until that appointment. If you do not have any relief of any of your symptoms by day 10, call and make an appointment to discuss further options.

## Challenge feeding phase

If, during the diet, symptoms have ceased or have lessened, you will begin the oral food challenge phase by adding **one food daily to your basic meal plan**. The food is eaten in its purest form and may be eaten several times per day. If no reaction occurs, the food is considered safe and returned to the diet. A second food is added on day 2, a third on day 3 and so on until all foods are returned to the diet.

Suggested selection and sequence of foods to re-add during the challenge phase:

Citrus – an orange

Egg – boiled egg

Potato –baked or boiled potato

Wheat- cream of wheat

Beef –broiled beef

Corn – boiled corn or the cob

Milk –glass of milk

Pork –bacon, broiled pork

Sugar – teaspoon of sugar (may place in milk if no milk reaction, or water

Legume – bean, pea, peanut (if no known allergy)

Yeast – slice of bread if no wheat reaction

Coffee/tea

During the food challenge phase, should a food cause a return of a symptom (or symptoms), that food is eliminated from the diet for 8 weeks. **The next food to be tested is introduced into the diet only after the symptom(s) have cleared.** That usually occurs by 1 to 2 days. After foods that have caused symptoms have been eliminated from the diet for 8 weeks, it is re-challenged. If no reaction occurs, it can be eaten every 3-4 days, but not daily. If symptoms recur, the food is again removed from the diet for 4 weeks and re-challenged. If the food causes a return of symptoms after 3-4 re-challenges it is considered a “fixed food reaction” and is removed from the diet permanently.

If you or your child has a question about the diet or any reaction you are having to the diet, do not hesitate to contact us. Parents, let your child call if they have a question or a problem.