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## Multiple Food Elimination Diet

Food sensitivities are often misdiagnosed as 'allergies.' Responses to true food allergies typically present within 90 minutes of consuming the food and symptoms include:

- Urticaria or hives
- Angioedema (swelling of lips, eyes or tongue)
- Wheezing, coughing, and/or difficulty breathing
- Anaphylaxis (a severe systemic reaction)
- Oral itching
- Marked sudden nausea and vomiting, diarrhea, and/or abdominal pain

Food sensitivities, by contrast, are less specific and can occur various at times. These symptoms generally include:

- Headache
- Fatigue
- Bloating
- Trembling
- Constipation

Blood testing for food sensitivities sometimes helpful, but often offer frustration with a host of false-positives and false-negatives. For this reason, you have been provided with this 'Multiple Food Elimination Diet' to help you identify foods that may be problematic for you and avoid them wherever possible.

### Part I of Multiple Elimination Diet

During the first week, most meats, fruits and vegetables can be eaten. (The "allowed" Foods are listed below.) Keep detailed records in a food diary of exactly what is eaten. Most patients who are going to respond favorably to the diet, do so about the sixth or seventh day. Some may begin to improve as early as the second, or as late as the fourteenth day.

If you or your child are better in a week or less, begin Part II of the diet on the eighth day. Improvement noted on day two may greatly increase by day seven. The object is to see the maximum amount of improvement which can be noted during the first seven days.

If you want to help your entire family, urge everyone to try the diet at the same time. Typically, several family members will note improvement in how they feel or act when this is done.

If you or your child is not better within a week, recheck the diet records for the initial week of the diet. Were only the allowed foods eaten? If not, this is the likely culprit. Try Part I of the diet again, but this time try much harder to adhere strictly to the diet. This fast, inexpensive method of food allergy detection can sometimes provide relief of many chronic medical complaints.

Occasionally a person is worse during Part I of the diet. If this happens, immediately stop the diet. A frequent cause is that the patient has begun to eat an excessive amount of unsuspected offending food. For instance, a child who substitutes apple or grape juice for milk, for example, may act or behave much worse, if apple or grape juice is the cause of these symptoms. Retry Part I of the diet, but stop the food which you think made your child worse. You may have already found the answer.

Rarely, a child who was not helped during the first week will dramatically improve with a more prolonged diet. In other words, continue Part I of the diet for two weeks, not one week. If Part I of the diet tries and has not helped by the fourteenth day, this particular diet is probably not the answer for your child or your family. The medical problems are not related to foods or are possibly due to other frequently eaten (i.e. mushrooms, cinnamon, coffee, tea, etc.).

If an infection occurs during the diet, the following foods are omitted in all forms: **milk and dairy products** (yogurt, cheese, ice cream, casein), **wheat** (bread, cake cookies, baked goods), **eggs, corn, sugar, chocolate** (cocoa or cola), **peas** (peanut butter), **citrus** (orange, lemon, lime, grapefruit), **food coloring, food additives and preservatives**. **No luncheon meats, sausage, ham or bacon are allowed.** If there is some question about a specific food, it is best to err on the side of caution.



**Allowed Foods:**

**CEREALS**

Rice puff cereal  
Oatmeal with honey  
Barley

**FRUITS**

Any fresh fruit, except citrus  
Canned (if in own juice and without artificial color,  
sugar or preservatives)

**VEGETABLES**

Any fresh vegetables (except corn and peas)  
French fries (homemade)  
Potatoes

**MEATS**

Chicken or turkey (non-basted)  
Ground turkey  
Veal or beef  
Pork  
Lamb  
Fish, Tuna

**BEVERAGES**

Teas with honey  
Water  
Grape juice, bottled  
Frozen apple juice  
Colorless diet cream soda  
Non-citrus fruit juices

**SNACKS**

Potato chips (no additives)  
Rice crackers and pure honey  
Raisins (unsulfured)

**MISCELLANEOUS**

Pure honey  
Homemade vinegar and oil dressing  
Sea salt  
Pepper  
Saccharin or artificial sweetener  
Homemade soups

**Foods to Avoid:**

**CEREALS**

Foods containing wheat flour  
Cereals made with corn  
Cereal mixtures (granola)

**FRUITS**

Fresh, frozen or canned citrus (orange, lemon, lime  
grapefruit)

**VEGETABLES**

Fresh, frozen or canned corn, mixed vegetables,  
peas

**MEATS**

Luncheon meats, hot dogs, sausages  
Bacon  
Artificially colored hamburger or meat  
Ham  
Dyed salmon, lobster  
Breaded meats  
Meats with stuffing

**BEVERAGES**

Milk of any type of dairy with casein or whey  
Fruit beverages except those specified  
Kool-Aid  
Sodas

**SNACKS**

Corn chips  
Chocolate or anything with cocoa  
Hard candy  
Ice cream or sherbet

**MISCELLANEOUS**

Sugar  
Bread, cake, cookies except for special recipes  
Eggs  
Dyed (colored) vitamins, pills, mouthwash,  
toothpaste, medicines, cough syrups, etc.  
Jelly or jams  
Jell-O  
Margarine or diet spreads  
Peanut butter, peanuts  
Sorbitol (corn)  
Cheese



## Part II of Multiple Elimination Diet

During part II of the diet, one food is reintroduced into the diet, in excess, each day. Keep detailed records of how you or your child feels each day. Start with a teaspoon or ½ cup of the test food item and double the amount eaten every few hours, so that by the end of the day at least a normal amount has been ingested. Do any of the symptoms suddenly reappear? If there are no undesirable symptoms during the day, during the night or the next morning before breakfast, the food tested the day before is probably alright and may be eaten whenever desired. If the test food causes symptoms, stop eating it in all forms until you can secure advice from your physician. Do not ingest another test food until the symptoms from the previous food have subsided. Usually, you will notice that symptoms are caused by a food within one hour. Rarely symptoms from a food are delayed for several hours.

**REMEMBER:** If one of the listed foods causes a reaction which lasts more than 24 hours, DO NOT TRY to see the response to another possible problem food until the reaction has entirely subsided.

Watch closely to see what happens each day and write down the responses. One food might cause a stuffy nose, the next no reaction at all, the next may cause a stomach ache. Some reactions occur immediately, others in several hours. If a food causes obvious symptoms, it should not be eaten. If you are uncertain whether a food causes symptoms, discontinue it until the other foods have been checked. Then give your child the suspect food every five days (for example, on Tuesday and Saturday) and see if symptoms recur each time it is eaten.

**NEVER TEST ANY FOOD WITHOUT MEDICAL ADVICE. IF A FOOD HAS CAUSED SERIOUS MEDICAL PROBLEMS IN THE PAST, IT SHOULD BE AVOIDED.**

### **Re-introduction of food (*starting with Day 8*):**

**Day 8: add MILK**

On this day, consume lots of milk, cottage cheese and plain yogurt sweetened with honey. No butter, margarine or yellow cheese unless you are absolutely certain they contain no yellow dyes.

**Day 9: add WHEAT**

On this day, add plain soda crackers or wheat cereal. If you experienced symptoms from milk, be sure NOT to give milk products on this day. You may consume Italian bread or kosher bread as they should not contain milk (casein or whey), but always read labels to be sure. You may bake if you like, but you must not use eggs or sugar.

**Day 10: add SUGAR**

On this day, you may consume items like sugar cubes or add granulated sugar to the allowed foods. If milk or wheat caused any symptoms for you, they must be avoided on this day. Many children react within one hour after eating 4-8 sugar cubes.

**Day 11: add EGG**

On this day, you may consume eggs in the usual forms. Again, remember that no wheat, milk or sugar can be consumed on this day if they caused symptoms on previous days.

**Day 12: add COCOA**

On this day, you may consume dark chocolate and cocoa. You can make hot chocolate with water, cocoa (pure Hershey's cocoa powder) and honey or an artificial sweetener. No candy bars are permitted because most contain corn.

**Day 13: add FOOD COLORING**

On this day, you may consume Jell-O, jelly or artificially colored fruit beverages (soda, Kool-Aid), popsicles or cereal. Try to give lots of yellow, purple and red items because you may only react to one of these colors. Remember to avoid milk, wheat, cocoa or sugar in all forms if any of these were a problem for you. If sugar caused symptoms for you, use honey or saccharin as a sweetener – or buy diabetic sodas, frozen pops and gelatin.



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#### Day 14: add CORN

On this day, you may consume corn, corn meal, corn flakes and popcorn. The latter can be made with salt and Crisco, if food coloring was a problem. If milk, wheat, sugar, dyes, eggs or cocoa produced symptoms, do not consume them on this day. Do not use butter if you have a milk sensitivity.

#### Day 15: add PRESERVATIVES

On this day, consume lots of foods which contain any preservatives or food additives. Read every label. In particular, eat luncheon meat, bologna, hot dogs, bread or other baked goods or soups which contain preservatives and additives.

#### Day 16: add CITRUS

On this day, consume large amounts of oranges, limes, lemons, grapefruits, etc. in fresh, canned, and juiced forms. Avoid artificial dyes if food coloring was a problem for you. Avoid gelatin if sugar was a problem.

#### Day 17: add PEANUT BUTTER

On this day, eat large amounts of peanut butter and/or peanuts. Use pure peanut butter without additives.

#### Special Tips for Success with your Multiple Food Elimination Diet

- The "allowed" foods can be selected, combined and eaten in any quantity.
- If your child is on medication, be aware of the colors and additives that may be present in pills and syrups. Try to use only white pills or colorless liquids. Most liquid medications contain corn, sugar and dyes which can cause symptoms in some children.
- You should discuss your findings with your provider. Some foods cannot be omitted for indefinite periods of time. Do not try the diet if you or your child has an infection or is receiving an antibiotic.
- Although the symptoms may vary, food sensitivities are often evident in several family members. One child might have headaches, another a stuffy nose, and a third, hyperactivity. For this reason, make meal preparation and cooking easier by placing the entire family on the diet.
- If your child has asthma, add the test food back into the diet with extreme care. It is possible that an unsuspected food could cause an asthma attack. Have asthma medications on hand during Part II of the diet.