

MULTIPLE FOOD ELIMINATION DIET

MAJOR CAUTION: Do **NOT** eat any food you already know causes a severe allergy. This diet is to detect foods that you eat frequently, but that are not presently recognized as a possible cause of certain medical, behavioral, or learning problems.

During the first week, most meats, fruits, and vegetables can be eaten. (The “allowed” and “forbidden” foods are listed on the back of this sheet.) Keep detailed records in a food diary of exactly what is eaten. 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 are better in a week or less, begin Part 2 of the diet on the 8th day. If you are not better in the first week, double-check your food diary to make sure you ate only the “allowed” foods and beverages.

Keep in mind that if you eat a “forbidden” food during the first week or during Part 2 of the diet you accidentally eat something you shouldn’t have, then you will need to stop the diet and wait a month before starting the diet over. When in doubt about a specific food, please call the office during regular business hours or don’t eat the specific food until you are able to talk with someone.

During Part 1 of the diet, the following foods are omitted in **all** forms: milk and dairy products (yogurt, cheese, ice cream, casein, sodium caseinate, whey, butter); wheat (bread, cake, cookies, baked goods); all grains, eggs, corn, sugar, chocolate (cocoa), peas, peanut butter, any nut 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, do not eat it. Also, exclude any other food or beverage that is craved in excess because such items are frequently unsuspected causes of various medical or emotional problems.

OTHER INEXPENSIVE AND HELPFUL HINTS

Make your bedroom or your child’s bedroom more environmentally-safe and allergy-free.

1. Clean it from top to bottom with environmentally-safe and non-toxic cleaning products.
2. Put pure cotton towels in a wrinkled 100% cotton pillow case.
3. Cover the mattress with a pad made from heavy-duty freezer aluminum foil, the shiny side up.
OR, Make a mattress out of 100% cotton blankets, placed carefully inside a pure cotton mattress cover.
4. Use a quality air purifier if you can afford one. This might cost \$200-300, but sometimes patients sleep with less congestion or asthma and awaken happy and content.
5. Try to eliminate molds in the family bathroom and basement. Use environmentally-safe and non-toxic products to clean these areas. Use Bon Ami polishing powder to replace odorous scouring powder.
6. Stop all scented items, aerosols, and chemical-smelling personal or cleaning preparations in your home (particularly in the bedroom and bathroom).
7. Compare how you feel, act, behave, your pulse, your breathing, your writing, and your drawing **before and 10-40 minutes after** you eat or drink, go into every room at home/school/work, go outside versus inside, smell an unavoidable chemical, or engage in your hobby.

We sincerely hope this diet and the additional information about how to change the bedroom will help you or your child.

Additional details are available in (all books are by Doris Rapp, MD):

“Is This Your Child?” (a book for you and your family)

“The Impossible Child” (a book for some children who have school problems)

“Allergies and Your Family” (a book that discusses typical allergies)

ALLOWED

CEREALS

None

FRUITS

Any fresh fruit, except citrus

Canned (if in their own juice and without
Artificial color, sugar, or
Preservatives)

VEGETABLES

Any fresh vegetables, except corn, peas

French Fries (homemade only)

Potatoes

MEATS

Chicken or turkey (non-basted)

Louis Rich ground turkey

Veal or beef

Pork

Lamb

Fish, tuna (fresh or canned in spring water
only is okay)

BEVERAGES

Water

Single herb or plain tea with honey

Grape juice, bottled (Welch's)

Frozen apple juice (Lincoln or pure apple)

Pure pineapple juice (no corn or dextrose)

SNACKS

Potato chips (no additives; expeller-pressed
oil is okay)

Raisins (unsulfured)

MISCELLANEOUS

Pure honey

Homemade vinegar/oil dressing

Sea salt

Pepper

Pure maple syrup

Homemade soup

Sunflower seeds

****READ ALL LABELS**

CAREFULLY

FORBIDDEN

CEREALS

Foods containing wheat flour
(most cakes, cookies, bread,
baked goods)

Corn, popcorn

Cereal mixtures (Granola)

Oat

Rice

FRUITS

Citrus (orange, lemon, lime, grapefruit)

No frozen fruits

VEGETABLES

Any frozen or canned vegetables

Corn, peas, mixed vegetables, alfalfa, beans

MEATS

Luncheon meats, wieners, bacon

Artificially dyed hamburger/meat

Ham

Dyed salmon, lobster

Breaded meats or meats with stuffing

Shrimp

BEVERAGES

Milk or dairy drinks with casein or whey

Fruit beverages except those so specified

Kool-Aid

Coffee

Any soda

Black or red tea

Kombucha

SNACKS

Corn chips (Fritos)

Chocolate (cocoa)

Bread, cake, cookies (except special recipes)

Eggs

Dyed (colored) vitamins, pills, mouthwash,
toothpaste, medicines, cough syrups, etc.

Jelly or jam

Margarine or diet spreads (dyes and corn)

Peanut butter/peanuts, nut butters

Sorbitol (corn)

Cheese

Salt

Flaxseed

During Part 2 of the diet, one food is reintroduced into the diet, in excess, each day. Keep detailed records of how you feel at the beginning and end of each day, and observe carefully for one hour after a food is tried or eaten again. If there are no symptoms during that day, during the night, or the next morning before breakfast, the food tested the day before is probably all right and may be eaten whenever desired. If the test food causes symptoms, stop eating it **in all forms** until you can secure the advice of your physician. Do not consume another test food until the symptoms from the previous food test have subsided. Usually a patient will notice that symptoms caused by a food occur within one hour. General symptoms may include, but are not limited to, headaches, runny/stuffy nose, hyperactivity, asthma flare-up, bellyache. Symptoms such as canker sores, bed-wetting, tight joints, ear fluid, and bowel problems can be caused by a food and tend to cause delayed reactions several hours later. If symptoms persist, Alka-Seltzer Antacid Formula without aspirin (gold foil) or Alka-Aid can be purchased from the health food store (dose: 1 tablet for ages 6-11, 2 tablets for ages 12 and older). Don't use this if patient has liver or kidney disease.

REMEMBER: If one of the listed foods causes a reaction which is not helped by Alka-Seltzer in the gold foil and lasts over 24 hours, **DO NOT TRY** to check the response to another possible problem food until the reaction has entirely subsided. Once again, if a food obviously causes serious symptoms, it should not be tried. **NEVER TEST ANY FOOD WITHOUT YOUR DOCTOR'S ADVICE IF IT CAUSED SERIOUS MEDICAL PROBLEMS IN THE PAST** (i.e., anaphylactic reaction, throat swelling, severe asthma). **IT IS UNSAFE TO TRY EVEN A SPECK OF THESE FOODS.**

<u>Day 8</u>	<u>Add Milk</u>
<u>Day 9</u>	<u>Add Wheat</u>
<u>Day 10</u>	<u>Add Sugar</u>
<u>Day 11</u>	<u>Add Egg</u>
<u>Day 12</u>	<u>Add Cocoa</u>
<u>Day 13</u>	<u>Add Corn</u>
<u>Day 14</u>	<u>Add Preservatives</u>
<u>Day 15</u>	<u>Add Food Coloring</u>
<u>Day 16</u>	<u>Add Citrus</u>
<u>Day 17</u>	<u>Add Peanut Butter</u>
<u>Day 18</u>	<u>Add Soy</u>

If you want to learn even more about what each food does when it is eaten again, do the following:

1. Write and draw. Does either change or deteriorate before and 20 minutes after a food is eaten? If it does, the items ingested could affect your work or your child's school work.
2. Take the pulse. If it increases by 20-40 points after eating a particular food, once again your body could be warning you about some food sensitivity.
3. Use a Pocket Peak Flow Meter if you have asthma. Use this before and 20 minutes after each food. If the reading on the gauge falls 15%, or 50 or so points, that food or beverage could be the cause of wheezing.

SPECIFIC DETAILS OF PART 2 OF THE DIET

Below are some helpful hints on what to try on Part 2 of the diet. Again, during this part of the diet, you need to read labels carefully. When in doubt, either call the office during normal business hours or do **not** consume that food. Also, when you have added in a specific food and it caused any problem, then you cannot consume any more of that item for the rest of the diet.

Day 8: Today you add milk. Consume lots of milk, cottage cheese, and whipped cream sweetened with pure pale syrup or honey. No butter, margarine, or yellow cheese unless you are absolutely certain they contain NO yellow dyes.

Day 9: Today you add wheat. Add pure wheat cereal (found in the cereal section of the grocery store—hot cereal). Use Italian bread or kosher bread because these should not contain milk (casein or whey). If you had trouble from milk, be sure NOT to consume milk products. You can bake if you like, but you must not use eggs or sugar. Remember, you cannot eat dairy products or drink any milk if this caused any medical problems. If the milk caused no problems, milk products can be consumed.

Day 10: Today you add sugar. Consume sugar cubes and add granulated sugar to the allowed foods. If milk or wheat caused trouble, they must be avoided or you will not be able to tell if sugar is tolerated. Many patients react within one hour after 4-8 sugar cubes.

Day 11: Today you add eggs. Consume eggs in usual forms, cooked or as eggnog. You may also eat custard. Remember, again, no wheat, milk, or sugar can be consumed if any of these caused problems. Be sure to skip this food challenge if you already know egg is a problem.

Day 12: Today you add cocoa. Consume dark chocolate with water, cocoa (pure Hershey's cocoa powder) and honey or pure maple syrup. No candy bars are allowed because most contain milk and corn. Remember, no milk, wheat, sugar, or eggs are allowed if any of these caused symptoms.

Day 13: Today you add corn. Consume corn, corn meal, corn flakes, and plain popcorn. The latter can be made with salt. If milk, wheat, sugar, dyes, eggs, or chocolate caused trouble, they must be avoided. Do not use butter on popcorn if you have a milk sensitivity.

Day 14: Today you add preservatives. Consume foods which contain any preservatives or additives. Read every label. In particular, eat luncheon meat, bologna, hot dogs, bread, baked goods, or soups which contain many preservatives and additives.

Day 15: Today you add food coloring. Consume Kool-Aid or Jell-O only if you did not react to sugar or preservatives/additives. If you reacted to preservatives/additives, you may take regular food coloring and add several drops to water.

Day 16: Today you add citrus. Consume a large amount of lemon, lime, grapefruit, or orange as fresh fruit, or in juice. Avoid artificial dyes if food colors were a problem.

Day 17: Today you add peanut butter. Consume lots of peanut butter or peanuts. Test for this only if it is a favorite food. Use Rykrisp if no wheat is allowed. Use pure peanut butter without additives (Smuckers brand).

Day 18: Today you add soy. Drink soy milk or consume other products with a lot of soy. Remember to avoid any of the above items if they caused problems.

SPECIAL TIPS FOR THE MULTIPLE FOOD ELIMINATION DIET

The “allowed” foods can be selected, combined, and eaten in any quantity. If you are a bit suspicious, start with a tiny amount and increase it during the day if no symptoms are revealed.

For a beverage, you can mix the allowed fruits in the blender with spring water and honey or pure maple syrup. Use carbonated water to create soda.

Your usual medications can be taken during the diet. If you improve, you may find that certain medications are needed less often by the end of the first week. Try to use only white pills (crush for small children and place in applesauce or mashed potatoes) or colorless liquids. Most liquid medications contain corn, sugar, artificial flavors, and artificial dyes, which can cause symptoms in many patients. Check with your physician about any questions you may have regarding this. Do not try the diet when you have an infection or are receiving an antibiotic, which contains dyes, sugar, flavoring, or corn.

If your child is on the diet and refuses the diet, try offering a reward. Promise a gala party if there is no cheating and if it is obvious that the child is truly trying very hard to cooperate in every way. The party should take place **AFTER** both parts of the diet are completed. At that time, give your child the foods which caused the symptoms providing they were not severe and incapacitating. This will be a double-check, confirming the effect of these foods on your child.

If you have asthma, add the test food back into the diet with extreme care. It is possible that an unsuspected food could precipitate a sudden severe asthma attack. Have asthma medications on hand during Part 2 of the diet and use the Pocket Peak Flow Meter to help find out exactly what is causing you to wheeze. If you are concerned, or your asthma has never been severe or frightening, check carefully with your doctor before trying the diet.

If you or your child are worse during the first 2-3 days after the diet, this could be just “normal” withdrawal symptoms (i.e. nausea, headache, irritability). These usually subside by the fourth day. If you or your child are worse by the fifth or sixth day, suspect whatever you substituted for milk or whatever you are eating in excess while you are on the diet (i.e. potatoes).

If you are routinely worse (impatient, angry, tired, irritable, headachy, hyperactive) before meals, think about hypoglycemia or low blood sugar. If this is your problem, merely eating a small protein snack every hour or two all day might make you stay on a more even keel and feel much better.

Once you have finished doing the food elimination diet, you should discuss the results with your physician.