

ALLERGY AND REACTIVITY REDUCTION PROGRAM

Custom Elimination Diet

As part of your Allergy and Reactivity Reduction Program, your Practitioner will put you on a therapeutic diet that may involve the temporary removal and then reintroduction of some or all of the following food groups. The following food groups have been identified as potentially beneficial to eliminate or 'Rest' from during your program: gluten, dairy, eggs, tree nuts, peanuts and legumes, solanaceae (nightshades), citrus, chocolate, shellfish and fish, beef, pork, yeast, corn, soy, alcohol, caffeine, salicylates and food additives. Speak with your Practitioner to ascertain the specific food groups to be eliminated.

Note: Appendix C is a guideline on portion sizes during the 'testing' phase. This may or may not be applicable to you – speak to your Practitioner for further guidance.

FOOD GROUPS		RECOMMENDED ALTERNATIVES*
Gluten	Wheat (bulgar, semolina, couscous), spelt, kamut, farro, durum, barley, rye, triticale, oats (unless labelled gluten free). Other gluten containing foods to look out for: soy sauce and premade sauces, beer and some wines, confectionary, Milo, sausages and processed meats, premade gravy powders, malted products, Vegemite (always check labels).	Rice: basmati, wild, red, black, amaranth, quinoa, millet, sorghum, buckwheat, corn. Rice flour. For baking: arrowroot, sorghum, tapioca.
Dairy	Butter, ghee, cream, yoghurt, custard, cheese (all soft and hard cheeses), sweetened condensed milk, whey (including whey protein powders).	Unsweetened nut milk (i.e. almond milk). Rice milk, plain coconut yoghurt.
Eggs	Chicken, duck, turkey, quail eggs (all, both fresh or in prepackaged foods).	
Tree nuts	Brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pistachios, pine nuts, walnuts, including the pastes and milks from these.	Seeds – pumpkin (pepitas) and sunflower seeds.
Legumes and peanuts	Peanut: butter, flour, sauce (includes satay), sprouts, brittle. Beans: kidney, navy, pinto, haricot, lima, adzuki, mung, broad, chickpeas/garbanzo. Peas: green peas, snow peas, snap peas, split peas, black-eyed peas. Lentils: yellow, orange, green, brown, black, puy, dahl.	
Solanaceae	Eggplant, capsicums (includes bell peppers, paprika, pimentos, cayenne, tamales), potatoes (does not include sweet potatoes or yams), tomatoes (ripe or unripe, including tomatillos), goji berries, chili powder, mexican and taco seasonings, tobacco.	Sweet potato.
Citrus	Oranges, mandarin, lemons, limes, grapefruit, tangerines, orange juice.	
Chocolate	All products containing cocoa – dark, milk chocolate, cocoa powder, chocolate-flavoured foods, other cocoa containing foods.	Carob.
Shellfish and Fish	All fish and crab, crayfish, lobster (langouste, langoustine, moreton bay bugs, scampi, tomalley); prawns, shrimp, calamari, mussels, octopus, oysters, scallops, squid, yabbies, snails, cockles, pipis.	
Beef	Beef in all forms: beef and veal meat, burgers, sausages, salami.	Chicken, lamb, rabbit, kangaroo, turkey, duck, veal.
Pork	Pork in all forms: pork meat, ham, bacon, sausages.	
Yeast	Baker's and brewer's yeast, nutritional yeast, yeast extracts, (e.g. Vegemite premade stocks), stock cubes, gravies. All vinegars except raw apple cider and coconut vinegars. Aged meats, olives, mushrooms, fermented foods (including ripe cheeses, sauerkraut, citric acid), anything that has been opened and stored for an extended period of time.	
Corn	Corn on the cob, frozen corn, cornflour/meal/starch, vegetable gum/protein, xanthan gum.	
Soy	Edamame, miso, natto, shoyu (including soy albumin, or any of the following made from soy - cheese, fibre, flour, grits, ice cream, milk, nuts, sprouts, yogurt), soya, soybean (curd, granules), soy protein (concentrate, hydrolyzed, isolate), soy sauce, tamari, tempeh, textured vegetable protein (TVP), tofu.	
Alcohol	All forms of wines, sprits, beers.	
Caffeine	Coffee: instant, filter, espresso. Tea: black, green, white, chai tea. Energy drinks, Cola.	Herbal tea. Juices made from fresh fruit and vegetables (unless specified to avoid). Unflavoured sparkling mineral water or soda water.
Food additives	See Appendix A	
Salicylates	See Appendix B	

*If permitted.

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APPENDIX A – FOOD ADDITIVES

Commonly found food additives added to processed and packaged foods.

Artificial Colours		
Yellows	102, 107, 110	ADDED to a wide variety of foods including lollies and sweets, cakes and cake icings, buns and biscuits, custard mixes, sauces, commercial mint jelly, jellies, savoury snacks, cordials and ice cream to enhance the colour to make pale products look richer and creamier. NB: These colour additives are banned in some countries.
Reds	122-129	
Blues	131, 132	
Green	142	
Black	151	
Browns	154, 155	
Natural Colours		
Cochineal	120	NATURAL red dye from a female scale insect that lives on cactus plant - true allergy reactions (even anaphylaxis) can occur.
Annatto	1680	NATURAL reddish yellow dye from seeds of a Central American native plant. ADDED to colour cereals, snack foods, dairy foods including yoghurts, ice creams and cheeses.
Preservatives		
Sorbates	200-203	ADDED to preserve cheese spreads, cottage cheese and sliced cheese, dried fruits, fruit drinks, fruit juices, yoghurts with fruit or nuts, liquorice, low sugar jams, soft drinks and some jams.
Benzoates	210-218	ADDED to preserve cordials, fruit flavoured drinks and juices, soft drinks and marinades.
PABA	N/A	ADDED to preserve cosmetics, skin creams and sunscreens.

Preservatives		
Sulphites (labelling mandatory)	220-228	NATURALLY present in berries and other fruits, but low compared to added amounts. ADDED to dried fruits (e.g. apricots, pears, peaches and apples), potato products, dried coconut, sausages, all crustaceans (prawns, lobsters and crab), dessert toppings, cordials. Produced NATURALLY in fermented grape products (wine and vinegar), found in all foods containing wine and vinegar. May be ADDED to wines, particularly cask wine, to ensure appropriate fermentation.
Nitrates/ Nitrites	249-252	ADDED as a colour fixative (pink colour) for cured meats (ham, salamis and corned beef) and to inhibit dangerous germs growing in these meats. Also used in cheeses in low levels.
Propionates	280-283	ADDED to preserve breads, bread crumbs, dressings, fruit and vegetables juices (to stop fungal/mould growth). NATURALLY produced in the large intestine as a by-product of digestion of dietary fibre.





Antioxidants		
Gallates	310-312	ADDED to preserve chewing gum, butter blends, cereal deserts such as rice pudding, soft sweets, dried vegetables, nuts and seeds, seasoning for instant noodles, powdered soup mixes, flaked cereals, grains, meats, baked goods that contain fat, snack foods, dehydrated potatoes and oils used for deep fried foods (chips, battered fish and donuts). ADDED to preserve animal feeds, cosmetics (even those labelled hypoallergenic), rubber products, and petroleum products. Many plastic material incorporate BHT. NATURAL antioxidants are now being used more widely to preserve foods e.g. rosemary is added to baby rice cereals. These can be just as much an irritant as the synthetic additives.
TBHQ	319	
BHA	320	
BHT	321	
Flavour Enhancers		
Monosodium Glutamate (MSG) and related flavour compounds	621 620, 622, 623 627, 635	ADDED to enhance the flavour of bland foods. These salts are added to nearly all savoury snack foods such as flavoured crisps, biscuits and two-minute noodles. NATURAL glutamates occur in high levels in strong cheeses (parmesan, camembert, brie and gruyere), soy sauce, oyster sauce, black bean sauce, tomato sauce, miso, TVP, HVP, Vegemite, mushrooms, plums and spinach.

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APPENDIX B – FOODS CONTAINING SALICYLATES

Salicylates are a family of plant chemicals (2-hydroxybenzoates) found naturally in many fruits, vegetables, nuts, herbs, spices, jams, honey, yeast extracts, tea, coffee, juices, beer and wine. They are present in natural flavourings (e.g. mint, fruit flavours) used in foods, drinks and liquid medications, and also as scents in perfumes, toiletries, cleaning products, washing powders, and botanical oils (e.g. lavender, eucalyptus, tea-tree). It is not possible to avoid salicylate containing foods, however it is possible to reduce exposure.

FOODS CONTAINING SALICYLATES (SUGGESTED GUIDE ONLY)				
	Low	Moderate	High	Very High
 Fruit	Pawpaw, golden delicious apples, pomegranate.	Pear (with peel), loquat, custard apple, red delicious apple, persimmon, lemon, fig, rhubarb, mango, tamarillo.	Passionfruit, mulberry, tangelo, grapefruit, avocado, peach, mandarin, granny smith apple, nectarine, watermelon, lychee, kiwi fruit, jonathan apple.	Grapes, sultanas, raisins, currants, plum, prune, guava, redcurrant, cherry, blackcurrant, raspberry, loganberry, youngberry, blueberry, blackberry, boysenberry, apricot, strawberry, cranberry, rockmelon, orange, pineapple, dates.
 Vegetables and Nuts	Green beans, red cabbage, brussels sprouts, green peas, leeks, shallots, chives, choko, cashews.	Asparagus, beetroot, bok choy, broccoli, onion, mushroom, spinach, cauliflower, turnip, sweet corn, carrot, cucumber, lettuce, parsnip, peas (green, snow, sugar snap), potato (blue, new, pink, purple, red, yellow), pumpkin (butternut squash), sweet potato, turnip, zucchini (peeled).	Alfalfa, artichoke, avocado (just ripe), broccoli, cauliflower, corn, cucumber, endive, eggplant, broad bean, fennel, parsley, pumpkin (grey, kent, jap), radicchio, radish, rocket, snow pea sprouts, spring onion, tomato, water chestnut, watercress, zucchini (peeled).	Avocado (soft, mashable), basil, broad beans, capsicum chicory, chilli, choy sum, eggplant, eggfruit, mustard greens, olives, onion, mint, mushroom (all types), sauerkraut (fermented cabbage), seaweed, spinach tomatoes, sauce, vegetable juice, soups, stock (cubes, liquid, powder), almond, water chestnut.
 Herbs, spices and condiments	Garlic, parsley, saffron, soy sauce, tandoori.		Cinnamon, cardamom, black and white pepper, pimiento, ginger, allspice, clove, nutmeg, caraway, white vinegar, bay leaf	Cayenne, aniseed, sage, curry, paprika, thyme, dill, turmeric, worcestershire sauce, vegemite, rosemary, oregano, garam masala, mixed herbs, cumin, tarragon, mustard, five spice, mint.
 Sweets	Golden syrup, caramel.	Molasses.		Liquorice, mints, honey.
 Beverages	Coffee, tea (chamomile, dandelion, ecco, bambu).	Coffee, rosehip syrup, fruit juice, Cola, alcohol.		Vegetable juice, tomato juice, tea (all brands, peppermint), cereal coffee (Nature's Cuppa) alcohol (wine, liqueurs, port, rum).

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APPENDIX C – TEST PHASE

An example list of the food portion sizes to use when testing/reintroducing an eliminated food group item are listed below.

HOW TO COMPLETE A TEST PHASE

Test only the relevant foods/food groups that your Practitioner has chosen to be eliminated. The Test Phase begins after two weeks with significant symptom reduction. Your Practitioner will advise whether you are to complete the 'Test' phase as part of your Program.

- Introduce each test food at a rate of two days on, one day off.
- If an aggravation occurs, remove the food.
- If no aggravation occurs, include the food group for the rest of the test phase in moderate amounts, e.g. 2/7.
- Track the foods introduced and any symptoms.

Food Item/Group	3 serves per day of (i.e. multiply the following serving sizes by 3)
Gluten	2 slices wholemeal bread or 1 cup cooked whole wheat pasta
Dairy	250 mL cow's milk or plain yoghurt or 30 g of cheese
Egg	1 poached or boiled egg
Tree nuts	¼ cup almonds or macadamias
Legumes/Peanuts	¼ cup of peanuts and 200 g cooked chickpeas
Solanaceae	1 small tomato + 1 small steamed potato + 3 slices baked or fried eggplant
Citrus	250 mL orange juice or 1 orange or ½ grapefruit
Chocolate	60 g dark chocolate
Shellfish/Fish	50 g cooked prawns and 150 g cooked fish
Beef	150 g cooked beef
Pork	150 g cooked pork
Yeast	1 teaspoon balsamic/apple cider/red wine vinegar - straight, in water or on a salad
Corn	½ cup of fresh or frozen corn kernels or 1 small cob
Soy	250 mL unsweetened soy drink or ½ cup tofu
Alcohol	1 glass of beer or wine or spirit
Caffeine	1 cup of strong coffee or 2 cups of black tea
Salicylates	1 large granny smith apple and peach/nectarine
Food Additives	100 g prosciutto, or salami, or ham

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APPENDIX D – MAINTENANCE PHASE

The first step in developing tolerance is to eliminate all aggravating food items that were identified during the *Rest and Test* option. This elimination phase lasts for 1 to 2 months depending upon the severity of the reaction your patient experienced for each food item.

After the elimination phase, follow the step-wise process detailed below when introducing each food item to establish your acquired level of tolerance (Table 1).

Table 1: Implementing the Maintenance Phase.

STEP 1	
Eat the aggravating food 1/7 for four weeks. (Minimum five days apart.)	If an aggravation occurs – eliminate the food again for two weeks before repeating Step 1. If no aggravation occurs during the four weeks of eating it – move to Step 2.
M T W T F S S M	T W T F S S M T W T F S S M T W T F S S
STEP 2	
Eat the aggravating food 2/7 for four weeks. (Minimum three days apart.)	If an aggravation occurs – eliminate the food again for two weeks before repeating Step 2. If no aggravation occurs during the four weeks of eating it – move to Step 3.
M T W T F S S M	T W T F S S M T W T F S S M T W T F S S
STEP 3	
Eat the aggravating food 3/7 for four weeks. (Minimum two days apart.)	If an aggravation occurs – eliminate the food again for two weeks before repeating Step 3. If no aggravation occurs during the four weeks of eating it – maintain at three times a week ongoing.
M T W T F S S M	T W T F S S M T W T F S S M T W T F S S