

Elimination Diet

The Elimination Diet requires that you avoid the top food allergens – dairy, eggs, soy, wheat, nuts and fish/shellfish – for a period of 4-6 weeks. Individuals may follow an elimination diet to confirm food allergies or intolerances or to help alleviate conditions such as Eosinophilic Esophagitis. Your doctor and dietitian will work with you to determine the appropriate length of time to follow the diet and the specific foods you should eliminate. Some people will need to eliminate more foods in addition to the six groups listed above. **An Elimination Diet is not meant to be a long-term diet and is not appropriate for extended use.**

The Elimination Diet is used to see if one or more of the most common food allergens are a trigger for your symptoms. It is very important that you track your intake and symptoms throughout the entire diet. Your dietitian will provide you with food log to track your meals and any symptoms.

General guidelines

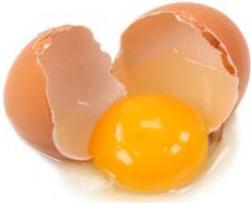
- Your doctor and dietitian will decide which food groups you will need to eliminate.
- Most people will need to avoid the six major food allergens, which include:
 - Dairy
 - Eggs
 - Wheat
 - Nuts and Tree Nuts
 - Fish and Seafood
 - Soy
- Some people may need to eliminate additional food items based on suspected allergies or results from allergy testing.
- It is generally recommended to follow the elimination diet for 6 weeks. The elimination process will determine whether symptoms improve or resolve with avoidance.
- Review the list of recommended and prohibited foods prior to starting the diet. Plan and shop for your meals and snacks prior to starting the elimination diet.
- Focus on foods that you can eat during the elimination diet. These foods include fruits, vegetables, lean proteins (chicken, turkey, lamb, pork, beef, and veal), oils, beans and rice.
- Most people find it easier to do their own cooking and meal preparation during the elimination phase.

Dietitian: _____

Phone: _____

Facility: _____

Six Food Elimination Diet

FOOD GROUP	FOODS TO AVOID	INGREDIENTS TO AVOID
<p>Dairy</p> 	<ul style="list-style-type: none"> • Cow's milk • Goat's Milk • Sheep's Milk • All other mammalian milks • All products made from milk • Cheese • Butter • Yogurt • Cream • Half and Half • Pudding • Sour Cream • Cream cheese • Cottage cheese • Ghee • Custard • Nougat • Whey • Curds • Caramel Candies • Ice Cream • Milk Chocolate • Semi-Sweet Chocolate 	<ul style="list-style-type: none"> • Evaporated milk • Condensed milk • Casein • Butter flavoring • Caramel flavoring • Coconut cream flavoring • Lactose • Lactoferrin • Lactulose • Lactalbumin • Protein Hydrolysates • Recaldent (ingredient in whitening gums) • Rennet Casein • Tagatose • All whey products • Simplese (fat substitute)
<p>Eggs</p> 	<ul style="list-style-type: none"> • Eggs • Eggnog • Mayonnaise • Meringue • Egg whites • Bearnaise Sauce • Hollandaise Sauce • Surimi • Egg substitutes • Imitation egg products • Baked goods and puddings 	<ul style="list-style-type: none"> • Albumin • Avidin • Apovitellin • Flavoprotein • Lecithin • Globulin • Ovovitellin • Lysozyme • Most ingredients beginning with "ovo" • Simplese (fat substitute) • Vitellin

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FOOD GROUP	FOODS TO AVOID	INGREDIENTS TO AVOID
<p>Nuts and Tree Nuts</p> 	<ul style="list-style-type: none"> • All nuts • Seeds are typically okay • Egg rolls • Lychee • Coconut • All nut meats, meals, flours. • All nut milks • Marzipan • Nougat • Baked goods • Chocolate & candy bars • Beer nuts 	<ul style="list-style-type: none"> • Hydrolyzed plant protein • Hydrolyzed vegetable protein • Nut extracts (ex. almond extract) • Peanut oil • Nut paste • Arachis oil
<p>Seafood and Shellfish</p> 	<ul style="list-style-type: none"> • Avoid all fish • Crab, crawfish, lobster • Shrimp and prawns • Scallops • Oysters and mussels • Krill • Barnacle • Caesar salad dressing • Fish oil capsules, omega-3 supplements 	<ul style="list-style-type: none"> • Worcestershire sauce • Asian sauces • Some imitation fish • Fish stock/sauce • Seafood flavoring • Surimi • Bouillabaisse • Fried foods cooked in the same oil as seafood
<p>Soy</p> 	<ul style="list-style-type: none"> • Tofu • Tempeh • Soybeans • Edamame • Soy sauce • Tamari • Quorn • Miso • Natto • Soybean paste • Whey-soy protein drink 	<ul style="list-style-type: none"> • Soybean oil • Soy flour • Soy fiber • Soy lecithin • Soy protein powders or shakes • Texturized vegetable protein • Natural flavoring • Hydrolyzed plant or vegetable proteins • Vegetable broths, gums

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FOOD GROUP	FOODS TO AVOID	INGREDIENTS TO AVOID
<p>Wheat</p> 	<ul style="list-style-type: none"> • Whole-wheat or enriched flour • Couscous • Wheat berries • Cracked wheat • Puffed wheat • Multi-grain products • Bulgur • Durum • Einkorn • Emmer • Farina • Kamut • Spelt • Triticale • Matzo • Semolina <p>Look at labels for:</p> <ul style="list-style-type: none"> • Breads • Pastas • Crackers • Snack bars • Cookies & baked goods • Tortillas 	<ul style="list-style-type: none"> • Bread or cake flour • Malted cereals • Wheat bran • Wheat germ • Wheat malt • Wheat starch • Gluten • Cereal Extract • Wheat protein powder • Graham flour • Gelatinized starch • Hydrolyzed vegetable protein • Modified food starch • Vegetable gum • Vegetable starch • Dextrin • Malt flavoring

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Helpful Hints

- **Meal plan and prep prior to starting the diet.**
Reference the grocery shopping list and meal plans for ideas.
- **Keep it simple.**
You don't need to be a gourmet cook or follow complicated recipes to follow the elimination diet. Aim for a protein, starch and fruit or vegetable with each meal.
- **Cook extra portions of each meal.**
You might find that an elimination diet is redundant. It can be helpful to cook doubles or triples of each meal so that you always have something on hand.
- **Always have snacks on hand.**
Fruits, vegetables, rice crackers, hummus and sunflower seeds are quick, portable snacks.
- **Avoid processed and packaged foods.**
Processed and packaged foods tend to have more preservatives and hidden ingredients. Read labels carefully.
- **Strive to eat every 3-4 hours to maintain your blood sugar levels.**
Eating every few hours will prevent excessive hunger and will reduce cravings for prohibited foods.
- **Decrease or eliminate caffeine.**
If you are consuming coffee or other caffeinated beverages, you might want to switch to decaf products. Caffeine can be a stomach irritant and can aggravate allergy symptoms.
- **Limit your sugar consumption.**
Sugary foods may contribute to more inflammation. Try eating a piece of fruit or dark chocolate (without milk) if you are craving sweets.
- **If you plan to eat out, call the restaurant ahead of time to review options.**
Dining out while on the elimination diet can be a challenge. You'll want to make sure that restaurants take the necessary steps to avoid cross contamination. Keep your order simple such as a grilled chicken breast, rice and veggies. Make sure to ask how they prepare each item and if they use any sauces or marinade.

Food Challenge/Re-introducing Foods

- A food challenge is conducted once symptoms have resolved and all antihistamines are stopped.
- Your doctor and dietitian will help you determine what foods to reintroduce first and when.
- Typically patients will reintroduce the least likely offending food groups first. If there are no symptoms or reaction to a food, you can then reintroduce a new food group.
- To challenge your body, add a new food group every 3-5 days. On the day you try a food first the first time start with a small amount in the morning. If you don't notice any symptoms, eat two larger portions in the afternoon and evening. After a day of eating the food, remove it and wait for two days to see if you notice any symptoms. If you don't have symptoms, you can move on to the next food group.

If you have an immediate allergic reaction such as throat swelling, a severe rash or other severe allergy symptoms, seek medical attention. If you suspect that you may have a severe reaction to a new food, only introduce this food group under medical supervision.

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Meal Ideas for the Elimination Diet

Breakfast:

- Gluten-free oatmeal with mixed berries and sunflower butter
- Turkey bacon with potato hash and sautéed veggies
- Rice Chex with rice milk and a banana
- Breakfast sausage with applesauce
- Smoothie with frozen berries, banana, rice milk and a scoop of rice protein powder

Lunch or Dinner:

- Tacos with ground turkey or beef with lettuce and tomatoes on a rice or corn tortilla topped with avocado slices
- Rice bowls with grilled chicken or turkey, brown rice and steamed veggies
- Large salad with roasted chicken strips, mixed veggies, sunflower seeds and balsamic vinaigrette
- Turkey burger with wild rice and roasted squash
- Spaghetti with ground beef and quinoa pasta
- Chicken, veggie and wild rice soup with rice crackers
- Grilled chicken or steak with steamed carrots and a baked potato
- Black bean or lentil soup
- Chili served over a baked potato

Snacks:

- Rice cakes topped with hummus or avocado slices
- Veggies or rice crackers dipped in hummus
- Fresh fruit with sunflower seeds
- Roasted pumpkin seeds.
- Potato chips (read labels, but most are okay)
- Tortilla chips
- Popcorn
- Applesauce
- Homemade granola bars with gluten-free oats and dried fruit

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