



DR. SERENA
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WHOLE LIFE MEDICINE

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FOOD ALLERGY ELIMINATION DIET

PURPOSE: To identify hidden food allergens that may be causing some or all of your symptoms. During the elimination period, all common allergens are completely eliminated from the diet for two to three weeks. After your symptoms improve, foods are added back, one at a time, to determine which foods provoke symptoms.

SYMPTOMS THAT MAY BE DUE TO FOOD ALLERGY

- General:** Fatigue, anxiety, depression, insomnia, food cravings, obesity.
- Infections:** Recurrent colds, urinary tract infections, sore throats, ear infections, yeast infections.
- Ear, Nose and Throat:** Chronic nasal congestion, postnasal drip, sore throat.
- Gastrointestinal:** Irritable bowel syndrome, constipation, diarrhea, abdominal cramping, bloating, GERD.
- Urinary:** Urinary urgency, urge leakage, spastic bladder, bladder pain.
- Dermatologic:** Acne, eczema, psoriasis, other skin rashes.
- Rheumatologic:** Muscle aches, joint pains.
- Neurologic:** Migraines and other headaches.

Note: most of these disorders have more than one cause, but food allergy is a relatively common and frequently overlooked cause.

FOODS YOU MUST AVOID:

DAIRY PRODUCTS—milk, cheese, butter, yogurt, sour cream, cottage cheese, whey, casein, sodium caseinate, calcium caseinate, any food containing these.

WHEAT—most breads, spaghetti, noodles, pasta, most flour, baked goods, durum semolina, farina, and many gravies, etc.

CORN—including any product with corn oil, vegetable oil from an unspecified source, corn syrup, corn sweetener, dextrose, glucose, corn chips, tortillas, and popcorn.

EGGS—avoid whites and yolks, and any product containing eggs.

CITRUS FRUITS—oranges, grapefruits, lemons, limes, tangerines and foods containing citrus.

COFFEE, TEA, ALCOHOL—Must avoid both caffeinated and decaffeinated coffee, as well as standard (such as Lipton) tea and decaffeinated tea. Herb teas are OK, except those containing citrus.

REFINED SUGARS—including table sugar and any foods that contain it; candy, soda, pies, cake, cookies, etc. Other names for Sugar include sucrose, glucose, dextrose, corn syrup, corn sweetener, fructose, maltose, and levulose. These must all be avoided. Some patients will be allowed 1-3 teaspoons



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per day of pure, unprocessed honey, maple syrup or barley malt. This will be decided on an individual basis. Those restricted from all sugars should not eat dried fruit. Others may eat unsulphured (organically grown) dried fruits sparingly. HONEY, MAPLE OR BARLEY SYRUP (1-3 teaspoons per day) can be allowed if they are not known triggers.

FOOD ADDITIVES—including artificial colors, flavors, preservatives, texturing agents, artificial sweeteners, etc. Most diet sodas and other dietetic foods contain artificial ingredients and must be avoided. Grapes, prunes, and raisins that are not organically grown contain sulfites and must be avoided.

ANY OTHER FOOD YOU EAT MORE THAN 3 TIMES A WEEK—Any food you are now eating 3 times a week or more should be avoided and tested later.

KNOWN ALLERGENS—Avoid any food you know you are allergic to, even if it is allowed on this diet.

READ LABELS! Hidden allergens are frequently found in packaged foods. “Flour” usually means wheat; “vegetable oil” may mean corn oil; and casein and whey are dairy products. Make sure your vitamins are free of wheat, corn, sugar, citrus, yeast, and artificial colorings. Vary your diet, choosing a wide variety of foods. Do not rely on just a few foods, as you may become allergic to foods you eat every day!

SUGGESTIONS FOR ONGOING SELF-HELP IF YOU ARE ALLERGIC TO FOODS.

Rotation Diets: If you have an allergic constitution and eat the same foods every day, you may eventually become allergic to them. After you have discovered which foods you can eat safely, make an attempt to rotate your diet. A four-day schedule is necessary for some severely allergic patients, but most people can tolerate foods more frequently than every four days. You may eventually be able to tolerate allergenic foods, after you have avoided them for 6-12 months. However, if you continue to eat these foods more frequently than every fourth day, the allergy may return.

Use common sense and consume a wide variety of foods. Do not just latch onto a few favorites. If you are rotating foods, be sure to avoid all forms of the food when you are on an “off” day. For instance, if you are rotating corn, be sure to avoid corn chips, corn oil, corn sweeteners, etc., except on the days that you are eating corn and corn products. It is not necessary to do strict food rotation during the elimination and retesting periods.

Watch for other allergic reactions: If you have an allergic constitution, you may be allergic to foods other than those you have eliminated and tested on this diet. Pay attention to what you are eating and if you develop symptoms, review your recent meals and try to identify what may be different in what you have eaten. You can then eliminate that food for two weeks and test it again, to see if you can provoke the same symptoms.