

ALLERGY/FOOD SENSITIVITY DIETS

(Sheet 1 of 3)

PURPOSE:

The diet is a preliminary step in omitting some of the foods that cause an allergic reaction, either immediate or delayed.

DESCRIPTION:

The diet may be recommended once a recognized relationship has been established between a particular food or foods and a symptomatic reaction. Common signs and symptoms of food allergies include skin reactions (itching, erythema, hives, eczema, edema) or reactions of the gastrointestinal tract (vomiting, diarrhea, abdominal pain). Systemic anaphylactic reactions could include sneezing, wheezing, conjunctivitis, palpitations, cardiac arrhythmia, shock, or collapse. Reactions can be immediate, or take up to 72 hours to appear.

BASIC INFORMATION:

The following information describes some of the more common food allergies (wheat, eggs, milk, corn). Other common food allergens include: Seafood, nuts, legumes, chocolate, cola, citrus fruit, beef, white potatoes, pork, chicken, oatmeal, rye, mustard, garlic, tomatoes and cucumbers. The wheat-, egg-, corn- and milk-free diets commonly use an "elimination" approach to assess potential food allergens and intolerances. Elimination diets must be planned carefully and monitored regularly.

NUTRITIONAL ADEQUACY:

If planned carefully, allergy diets are generally adequate in all nutrients. The exception would be the milk-free diet, which is inadequate in calcium and will likely require supplementation. The elimination diets can be deficient in calories, carbohydrates, vitamins and minerals; therefore, long term use is not advised and monitoring of nutritional sufficiency is essential. NOTE: These diets should only be utilized under the prescription and careful guidance of a physician.

WHEAT SENSITIVITY

Avoid foods containing wheat and wheat products. These include:

- **Beverages:** Flavored milk drinks (malted, chocolate, etc.), instant coffee unless 100% coffee, coffee substitutes, beer, gin, and whiskey.
- **Breads:** Commercial breads including rye unless 100% rye, soy, cracked wheat, graham, whole wheat, many corn breads, matzo, pretzels, melba toast, zwieback, etc.
- **Cereals:** All dry or cooked wheat cereals, wheat germ, wheat bran, graham flour.
- **Crackers/Cookies:** All commercial products.
- **Desserts:** Cakes, doughnuts, pastries, cones, commercial ice cream, prepared cake and cookie mixes, commercial pie fillings, custards, and puddings thickened with wheat flour.
- **Gravies, Sauces, and Cream Soups:** Commercially prepared products are usually thickened with wheat flour.
- **Macaroni, Noodles, Spaghetti, Vermicelli:** Avoid all, except specially made wheat-free products.
- **Meats:** Breaded or prepared with wheat flour, wieners, sausage, and bologna, canned meat dishes with sauce.
- **Miscellaneous:** Cream cheese dips, seasoned potato chips, soy sauce, salad dressing (thickened with wheat), and commercial baked beans.

EGG SENSITIVITY

Avoid foods containing eggs. These include:

- **Beverages:** Eggnog, root beer, malted drinks, any drinks made with eggs.
- **Breads:** Any breads and rolls with glazed crust, sweet rolls, pancakes, waffles, doughnuts, pretzels, French toast, etc.
- **Broth or Consomme:** Avoid all.
- **Cookies and Cakes:** Check labels of all commercial mixes and products. Frostings must be egg-free.
- **Desserts:** Cream pies, meringues, custards, ice cream, sherbet, candy, (almond paste, cream, chocolate, marshmallow, etc.).
- **Noodles:** Egg noodles.
- **Meats:** Any meat containing eggs such as meat loaf, meat balls, croquettes, breaded meats, etc.
- **Dressings:** Salad dressings and mayonnaise unless egg-free; egg sauces such as hollandaise.
- **Other:** Egg substitutes containing egg.

MILK SENSITIVITY

Avoid all products containing milk. These include:

- **Beverages:** Cow's milk in all forms—fresh, buttermilk, dry, evaporated, condensed, yogurt, and whey; chocolate milk, cocoa, or any beverage made with milk.
- **Breads:** Commercial breads or rolls with milk or milk products added to ingredients list. Check prepared mixes.
- **Fats:** Avoid butter.
- **Cheese:** All kinds.
- **Cookies and Cakes:** Check labels on all commercial products and mixes.
- **Desserts:** Cream pies, custards, ice cream, sherbet, chocolate, and caramel.
- **Creams:** Cream, whipped cream, and sour cream.
- **Meats:** Meat loaf, cold cuts, frankfurters, etc.
- **Miscellaneous:** Mashed potatoes (made with milk), cream sauces, cream soups, creamed vegetables, milk gravy, and chowder prepared with milk.

CORN SENSITIVITY

Avoid food containing corn, corn syrup and corn starch. This includes:

- **Beverages:** Ale, beer, coffee creamer, gin, grape juice, instant tea, milk substitutes, soy milk, and whiskey.
- **Breads:** Corn bread, muffins, or rolls, enchiladas, English muffins, corn chips, tacos, corn tortillas, graham crackers.
- **Cereals:** Commercial, hominy, many ready-to-eat, such as corn flakes.
- **Desserts:** Cakes, candied fruits, canned or frozen fruit juice, cream pie, ice cream, pastries, pudding mixes, sherbet.
- **Fats:** Corn oil, corn oil margarine, gravies, salad dressings thickened with cornstarch, and shortenings unless source of oil is specified.
- **Meats:** Bacon, ham, luncheon meats, sausage.
- **Soups:** All commercial soups, homemade soup thickened with cornstarch.
- **Sweets:** Candy, cane sugar, corn syrup, imitation maple syrup, jam, jelly, and preserves.
- **Vegetables:** Harvard beets, corn, mixed vegetables, succotash.
- **Miscellaneous:** Baking powder, catsup, chewing gum, cheese spreads, Chinese foods that contain corn or use cornstarch, commercial mixes of all types, confectioner's sugar, distilled vinegar, MSG, peanut butter, popcorn, vitamin capsules, and yeast.

ALLERGY/FOOD SENSITIVITY DIETS

(Sheet 3 of 3)

WHEAT, EGGS, MILK, CORN FREE DIET - SAMPLE MENU

| Suggested Meal Plan | Suggested Foods and Beverages |
|---|--|
| BREAKFAST Fruit Juice Cereal Bread - Margarine Beverage | Orange Juice Oatmeal Rice Cake Coffee |
| DINNER - NOON OR EVENING MEAL Meat/Meat Substitute Bread Vegetable and/or Salad Dessert Beverage | Tuna Salad (non-egg mayo) Rye-Krisp Crackers Tossed Salad Fresh Fruit Iced Tea |
| SUPPER - EVENING OR NOON MEAL Soup or Juice Meat/Meat Substitute Potato/Substitute Dessert Beverage | Turkey Rice Soup Baked Chicken Rice Peanut Butter Balls Coffee |
| SNACK Fruit or Juice Bread | Fresh Orange Rice Cake |

Nutrient Analysis

| | | | |
|---------------|-----------|------------|---------|
| Calories | 1556 Kcal | Riboflavin | 0.7 mg |
| Protein | 89 gm | Thiamin | 0.9 mg |
| Carbohydrate | 191 gm | Folate | 115 mcg |
| Fat | 55 gm | Calcium | 172 mg |
| Cholesterol | 162 mg | Phosphorus | 1062 mg |
| Dietary Fiber | 20 gm | Zinc | 7 mg |
| Vitamin A | 2869 IU | Iron | 8 mg |
| Vitamin C | 132 mg | Sodium | 1255 mg |
| Niacin | 30 mg | Potassium | 2355 mg |

Adapted from the Arizona Diet Manual (revised 1992)