MUTIPLE FOOD ELIMINATION DIET

Part 1

How Do You Do the First Part of the Diet?

During the first week, most meats, fruits and vegetables can be eaten. (The “allowed” foods are listed on pg. 138). Keep detailed records in a food diary of exactly what is eaten. Most patients who are going to respond favorably to the diet, do so about the sixth or seventh day. Improvement noted as early as day two may greatly increase by day seven. The object is to see the maximum amount of improvement which can be noted during the first seven days. If your child is better in a week or less, begin Part 2 of the diet on the eighth day.

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 your child is not better within a week, re-check the diet records for the initial week of the diet. Were only the allowed foods eaten? If your child repeatedly forgot and ate the wrong foods or drank the wrong beverages, the item which was not deleted or omitted from the diet may be at fault. Try Part 1 of the diet again, but this time try much harder to adhere strictly to the diet. This fast, inexpensive method of food allergy detection can sometimes provide relief of many chronic medical complaints.

Occasionally, a person is worse during Part 1 of the diet. If this happens, immediately stop the diet. A frequent cause is that the patient has begun to eat an excessive amount of an unsuspected offending food. A child who substitutes apple or grape juice for milk, for example, may act or behave much worse, if apple or grape juice is the cause of these symptoms. Retry Part 1 of the diet, but stop the food which you think made your child worse. You may have already found one answer.

Rarely, a child who was not helped during the first week will dramatically improve with a more prolonged diet. In other words, continue Part 1 of the diet for two weeks, not one week. If Part 1 of the diet is tried and has not helped by the fourteenth day, this particular diet is probably not the answer for your child or your family. The medical problems are not related to foods or are possibly due to other frequently eaten or craved food items; i.e.: mushrooms, cinnamon, coffee, tea, etc.

If an infection occurs during the diet, stop the diet until your child is well. It is too difficult to interpret the results if it is continued.

WHICH FOODS DOES DIET DELETE

During Part 1 of the diet, the following foods are omitted in all forms: milk and dairy products (yogurt, cheese, ice cream, casein), wheat (bread, cake, cookies, baked goods), eggs, corn, sugar, chocolate (cocoa or cola), peas (peanut 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.
## PART 1 OF MULTIPLE ELIMINATION DIET

**READ ALL LABELS FIRST**

### ALLOWED

#### CEREALS
- Rice — Rice Puffs only
- Oats — Oatmeal made with honey
- Barley

#### 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 and peas
- French fries (homemade)
- Potatoes

#### MEATS
- Chicken or turkey (non-basted)
- Louis Rich ground turkey
- Veal or beef
- Pork
- Lamb
- Fish, tuna

#### BEVERAGES
- Single herb or other tea with honey
- Water
- Grape juice, bottled (Welch’s)
- Frozen apple juice (Lincoln or pure apple)
- Colorless diet cream soda
- Pure pineapple juice

#### SNACKS
- Potato chips (no additives)
- Rykrisp crackers and pure honey
- Raisins (unsulfured)

#### MISCELLANEOUS
- Pure honey
- Pure maple syrup
- Homemade vinegar and oil dressing
- Sea salt
- Pepper
- Homemade soup

### FORBIDDEN

#### CEREALS
- Foods containing wheat flour (most cakes, cookies, bread, baked goods)
- Corn
- Cereal mixtures (Granola)

#### FRUITS
- Fresh frozen or canned (Unless in own juice, without dyes)
- Citrus (orange, lemon, lime, grapefruit)

#### VEGETABLES
- Fresh frozen or canned
- Corn
- Mixed vegetables
- Peas

#### MEATS
- Luncheon meats, weiners
- Bacon
- Artificially colored hamburger or meat
- Ham
- Dyed salmon, lobster
- Breaded meats
- Meats with stuffing

#### BEVERAGES
- Milk or any type of dairy drink with casein or whey
- Fruit beverages except those so specified
- Kool-Aid
- Coffee Rich (yellow dye)
- 7 Up, Squirt, Teem, Cola, Dr. Pepper, Ginger ale

#### SNACKS
- Corn chips — Fritos
- Chocolate or anything with cocoa
- Hard Candy
- Ice Cream or sherbet

#### MISCELLANEOUS
- Sugar
- Bread, cake, cookies except on special recipes
- Eggs
- Dried (colored) vitamins, pills, mouth wash, toothpaste, medicines, cough syrups, etc.
- Jelly or jam
- Jell-O
- Margarine or diet spreads (dyes or corn)
- Peanut butter — peanuts
- Sorbitol (corn)
- Cheese

*Check with child’s physician.
MULTIPLE FOOD ELIMINATION DIET

Part 2

How Do You Do the Second Part of the Diet?

During Part 2 of the diet, one food is introduced into the diet, in excess, each day. Keep detailed records of how your child feels each day. Start with a teaspoon or 1/2 cup of the test food item and double the amount eaten every few hours, so that by the end of the day at least a normal amount has been ingested. Do any symptoms suddenly reappear? If there are no undesirable symptoms during the 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 give your child another test food until the symptoms from the previous food test have subsided. Usually a parent will notice that symptoms are caused by a food within one hour. Rarely symptoms from a food are delayed for several hours. If Alka-Seltzer Antacid Formula without aspirin (gold foil) or Alka-Aid from the health food store, or the usual allergy medications are taken, your child's symptoms will often subside before the next test food is due to be added to the diet. If concerned, check with the doctor or nearest hospital.

REMEMBER: If one of the listed foods causes a reaction which is not helped by Alka-Seltzer in gold foil and which lasts for over 24 hours, DO NOT TRY to see the response to another possible problem food until the reaction has entirely subsided.

Watch closely to see what happens each day. One food might cause a stuffy nose, the next no reaction at all, the next a bellyache. Some reactions occur immediately, others in several hours. If a food obviously causes severe symptoms, it should not be eaten.

If you are uncertain if a food causes symptoms, discontinue it until the other foods have been checked. Then give your child the suspect food every five days, for example, on Tuesday and Saturday, and see if symptoms recur each time it is eaten.

NEVER TEST ANY FOOD WITHOUT YOUR DOCTOR'S ADVISE IF IT CAUSED SERIOUS MEDICAL PROBLEMS IN THE PAST. FOR EXAMPLE: IF EGG OR PEANUT CAUSED IMMEDIATE THROAT SWELLING OR FISH CAUSED SEVERE ASTHMA. IT IS UNSAFE TO TRY EVEN A SPECK OF THESE FOODS.

<table>
<thead>
<tr>
<th>Food</th>
<th>Day</th>
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<tbody>
<tr>
<td>add MILK</td>
<td>8</td>
</tr>
<tr>
<td>add WHEAT</td>
<td>9</td>
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<tr>
<td>add SUGAR</td>
<td>10</td>
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<tr>
<td>add EGG</td>
<td>11</td>
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<tr>
<td>add COCOA</td>
<td>12</td>
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<tr>
<td>add FOOD COLORING</td>
<td>13</td>
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<tr>
<td>add CORN</td>
<td>14</td>
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<tr>
<td>add PRESERVATIVES</td>
<td>15</td>
</tr>
<tr>
<td>add CITRUS</td>
<td>16</td>
</tr>
<tr>
<td>add PEANUT BUTTER</td>
<td>17</td>
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Day 8 The day you add milk, give your child lots of milk, cottage cheese and whipped cream sweetened with pure-maple syrup or honey. No butter, margarine or yellow cheese unless you are absolutely certain they contain NO yellow dyes.

Day 9 The day you add wheat, add plain soda crackers or wheat cereal. If your child had trouble from milk, be sure NOT to give milk products. Use Italian bread or kosher bread because these should not contain milk (casein or whey), but always read labels to be sure. You can bake if you like, but you must not use eggs or sugar. Remember, your child can eat no dairy products or drink any milk if he seemed worse in any way on the milk day. If milk caused no problem, milk products may be eaten.
Day 10  The day you add sugar, give your child sugar cubes to eat and add granulated sugar to the allowed foods. If milk or wheat caused trouble, they must be avoided or you can’t tell if sugar is tolerated. Many children react within one hour after 4-8 sugar cubes.

Day 11  The day you add egg, give your child eggs in usual forms, cooked or as eggnog. Give custard. Remember, again, no wheat, milk or sugar can be consumed if any of these caused problems.

Day 12  The day you add cocoa, give your child dark chocolate and cocoa. Only if your child had no trouble with sugar and milk can you give milk chocolate. You can make hot chocolate with water, cocoa (pure Hershey’s cocoa powder) and honey or pure maple syrup. No candy bars are allowed because most contain corn. Remember, no milk, wheat, sugar, dyes or eggs are allowed if any of these caused symptoms.

Day 13  The day you add food coloring, give your child Jell-O, jelly or artificially colored fruit beverages (soda pop, Kool-Aid), Popsicles or cereal. Try to give lots of yellow, purple and red items because your child might react to only one of these colors. Remember to avoid milk, wheat, Coca-Cola or sugar in all forms if any of these were a problem. If sugar caused symptoms, use honey, or pure maple syrup as a sweetener or buy dietetic pop and gelatin. If milk, wheat or sugar were tolerated, they may be eaten.

Day 14  The day you add corn, give your child corn, corn meal, corn flakes and popcorn. The latter can be made with salt and Crisco, if food coloring was a problem. If milk, wheat, sugar, dyes, eggs or chocolate cause trouble, you can’t give them on the same day you give corn. If you do, and your child is worse, you won’t be able to tell which is at fault. Do not use butter on popcorn if your child has a milk sensitivity.

Day 15  The day you add preservatives, give your child foods which contain any preservatives or food additives. Read every label. In particular, eat luncheon meat, bologna, hot dogs, bread or other baked goods, or soups which contain preservatives and additives.

Day 16  The day you add citrus, give your child a large amount of lemon, lime, grapefruit or orange as fresh fruit, or in juice and gelatin. Avoid artificial dyes if food colors were a problem. Avoid gelatin if sugar was a problem.

Day 17  The day you add peanut butter, give your child lots of peanut butter or peanuts. Test for this only if it’s a favorite food. Use Rye-krisp if no wheat is allowed. Use pure peanut butter without additives (Smuckers).
SPECIAL TIPS FOR THE MULTIPLE ELIMINATION DIET

The “allowed” foods can be selected, combined and eaten in any quantity.

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

Your child’s usual medications can be taken during the diet. If your child improves, you may find the medicine is needed less often by the end of the first week. Try to use only white pills (crushed for small children and placed in applesauce or mashed potatoes) or colorless liquids. Most liquid medications contain corn, sugar and dyes which can cause symptoms in some children. Check with your physician about any questions you may have.

Once you determine which foods cause specific symptoms, you must discuss the problem with your physician. Some foods cannot be omitted for indefinite periods of time if a child’s nutrition is to be maintained.

Do not try the diet when your child has an infection or is receiving an antibiotic.

Although the symptoms may vary, food sensitivities are often evident in several family members. One child might have headaches, another a stuffy nose, and a third, hyperactivity. The same food, e.g. milk, may be a problem for several generations of a family. For this reason, make cooking easier by placing the entire family on the diet. A fringe benefit may be that you may relieve some “emotional or learn-to-live-with-it” health problems caused by a certain food in several family members.

If your child has 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.

If your child 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. Give your child the foods which caused symptoms and this will be a double check confirming the effect of these foods on your child.

We sincerely hope this diet will help your child.

Additional details about this diet available in:

ALLERGIES AND THE HYPERACTIVE CHILD

ALLERGIES AND YOUR FAMILY

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