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## **DIAGNOSING FOOD ALLERGY**

The deliberate removal and slow reintroduction of allergenic foods will often reveal suspected food intolerance. Adhere to the following instructions and maintain a diary of food intake for the prescribed four-week period to facilitate the diagnosis and treatment of a food allergy.

### **Step 1: Food Elimination**

For five to seven days use a Basic Diet (included below) and keep the attached symptom diary. The diet acts as a cleansing period during which your body will rid itself of all potential allergens. It is best to limit your diet to as close to fasting as possible. If you do not follow the diet carefully, you may not have diagnostically reliable reactions during the reintroduction phase of testing.

The diet importantly avoids the six major food groups known to cause more subtle adverse allergic reactions:

- } Corn
- } Eggs
- } Legumes (including peanuts)
- } Milk
- } Soy
- } Wheat

Other prominent foods that should be considered in individual cases are:

- } Apples
- } Cane Sugar
- } Carrots
- } Chicken
- } Chocolate
- } Coffee
- } Fish
- } Lettuce
- } Oats
- } Oranges
- } Pork
- } Potatoes
- } Tomatoes
- } Yeast

You should also avoid any other food or chemical source that does not appear on this list, but you suspect may be causing an adverse reaction.

Use food that is as fresh as possible and wash all fruits and vegetables. Foods purchased fresh and washed are generally as free as possible of insecticides, herbicides, color, waxes and preservatives. Any canned, frozen or otherwise preserved foods may have additional ingredients, so you must read food labels carefully.

It is important that you avoid all nonessential medications during the elimination and reintroduction periods (including vitamins and laxatives). If your symptoms have not stopped after seven days of cleansing, factors other than diet or chemicals may be involved. Regardless of your response, move onto Step 2, the reintroduction phase.

## **Basic Diet Foods**

Asparagus

Beef (well done)

Beets

Broccoli

Brussel Sprouts

Chard

Cranberries (including juice)

Honey (limit 2 oz. per day)

Lamb

Margarine (oleomargarine without milk, such as safflower)

Pear (including juice)

Pineapple (including juice)

Oil (olive or vegetable)

Rice (cooked, puffed or flakes (cereal), Krispies)

Salt

Spinach

Sugar

Sweet Potato

Tapioca

Vinegar (white)

## **AVOID:**

- } Food or drink suspected to cause reactions, even if included in the diet above
- } Pepper and other spices
- } Coffee
- } Tea
- } Chewing gum
- } Candy
- } Over-the-counter medications
- } Health remedies such as vitamins

## **Suggested Menu - Adult**

Calorie needs vary by individual. Use additional food from the Basic Diet if you are still hungry or vary the portion size to your appetite.

- Breakfast:* Rice cereal, one cup  
Cranberry juice, ½ cup
- Lunch:* Lamb or beef, broiled  
Marinated vegetable salad: allowed vegetables mixed with oil and vinegar, set if desired  
Cooked rice  
Cranberry jelly, ½ cup
- Dinner:* Rice cakes  
Lamb chops, rib or loin, broiled  
Brown rice with oleo  
Broccoli, broiled or steamed  
Spinach with oil and vinegar dressing  
Tapioca with pineapple juice
- Snack:* Fruit cup with apricot halves and pineapple chunks  
Pear, chopped  
Puffed rice or Rice Krispies

## **Suggested Menu – Child, 1 to 2 Years**

- Breakfast:* Infant rice cereal: mix with water or mashed pear, add cranberry juice or honey
- Lunch:* Lamb, 2 oz. strained  
Sweet potato, mashed
- Dinner:* Beef, 3 oz. minimum chopped  
Rice with oleo  
Beets, strained or chopped
- Snack:* Pear, strained or chopped  
Puffed rice or rice cereal with cranberry juice

## Step 2: Food Reintroduction

Once the elimination period has been completed, add one new food to your diet in large quantities (one to two times the typical amount you ingest) every two days. Start with the food you least suspect and miss the most. Since foods tend to cross-react in food families, you can use the food family list below to add foods as a group. If any particular food seems to cause symptoms, eliminate it once again and see if you improve over one to two days. Continue to proceed with reintroduction of the remaining foods until finished, setting aside any suspected foods until the latter part of the reintroduction process. Keep in mind that adverse reactions occur at different times in different people and will vary with the food ingested. Some people will react before they have finished eating and others may not react for 48 hours.

### Food Families

<i>Family Name</i>	<i>Foods Included</i>
Arum:	Taro, poi
Apple:	Apple, pear, quince
Aster:	Lettuce, chicory, endive, escarole, artichoke, dandelion, sunflower seeds, tarragon
Banana:	Banana
Beet:	Beet, spinach, chard, lamb's quarter
Birch:	Filbert, hazelnut, wintergreen
Blueberry:	Blueberry, huckleberry, cranberry
Buckwheat:	Buckwheat, rhubarb, golden sorrel
Cashew:	Cashew, pistachio, mango
Chocolate:	Chocolate (cocoa), cola
Citrus:	Orange, lemon, grapefruit, lime, tangerine, kumquat, citron
Nutmeg:	Nutmeg
Fungus:	Mushroom, yeast and molds that cause inhalant allergy
Ginger:	Ginger, cardamom, turmeric
Gooseberry:	Current, gooseberry
Goosefoot:	Beet, spinach, swiss chard
Grain (Cereal):	Wheat, corn, rice, oats, barley, rye, sugar cane, millet, sorghum, bamboo sprouts, wild rice
Grape:	Grapes, raisins, cream of tartar
Laurel:	Avocado, cinnamon, bay leaves, sassafras
Madder:	Coffee
Mallow:	Cottonseed, okra
Melon (Gourd):	Watermelon, cucumber, cantaloupe, pumpkin, squash and other melons
Mint:	Mint, peppermint, spearmint, thyme, sage, horehound, marjoram, basil, savory, rosemary, catnip
Morning Glory:	Sweet potato, yam
Mustard:	Mustard, turnip, radish, horseradish, cabbage, broccoli, cauliflower, brussel sprouts, collards
Myrtle:	Allspice, guava, clove, pimento, paprika
Olive:	Olives
Onion:	Onion, garlic, asparagus, chives, leeks, sasparilla
Palm:	Coconut, date
Papaya:	Papaya
Parsley:	Carrot, parsnip, celery, parsley, ceriac, anise, dill, fennel, celery seed, cumin, coriander, caraway
Pea (Legume):	Peanuts, peas (green, field, black-eyed), beans (navy, lima, pinto, string, soy, etc.), licorice
Pineapple:	Pineapple
Potato:	Potato, tomato, eggplant, peppers (green, red, chili, paprika, cayenne, caysicum), tobacco
Rose:	Strawberry, raspberry, blackberry, dewberry, loganberry, youngberry, boysenberry
Stercula:	Cocoa/chocolate
Tea:	Tea
Walnut:	English walnut, black walnut, pecan, hickory nut, butternut
Crustacean:	Crab, lobster, shrimp
Mollusk:	Oyster, clam, abalone, mussel