

Food Allergy Elimination Diet

Foods That Cause An Allergic Reaction. Food allergies can cause gastrointestinal symptoms. Women with food allergies are usually unaware that foods (usually the ones they crave) may be causing their symptoms. Eliminating problem foods can alleviate irritating symptoms. Experiment by following a ‘food elimination diet’ for three weeks.

- **Restricted Foods.** Eliminate the following common food allergens: Dairy products, wheat, corn, eggs, citrus fruits, coffee, tea, alcohol, refined sugar, food additives, and any other food you eat more than three times a week. Also, eliminate any known food allergens. Read food labels. Packaged foods contain many of these foods. For instance, “flour” usually contains some wheat by-products, and vegetable oil usually contains some corn by-products. Stop the foods ‘cold-turkey’; don’t phase them out, bit-by-bit.
- **Allowed foods.** Don’t worry, you won’t starve. There are still plenty of foods you can eat. For instance, you can still eat the following foods: Cereals, grains (except wheat and corn), legumes (beans), fresh vegetables, poultry, fowl, fresh fish, nuts (except peanuts), seeds, soymilk and herbal teas. Plan your menus a week in advance. Take your shopping list and visit your favorite health food store. Pack a sack lunch the night before to take to work.

Food challenge test. Once the three weeks have passed, introduce one restricted food each day. Test pure sources of a food. For instance, for wheat, use a pure wheat cereal without milk, corn, sugar or other additives. Eat a sizable portion of the test food at each meal. Keep a food diary and record any adverse reactions. Allergic reactions usually appear within ten minutes to twelve hours after ingesting the test food, but they can take as long as three to four days to manifest. If symptoms develop, avoid the food. Wait until the symptoms completely disappear before testing another food. Eliminate foods that cause an allergic reaction. Vary the remaining “safe foods” by rotating the types of food you eat every day.