

Have quinoa, lentils --

FOOD REACTIONS:

The following chart sets out the order of food challenges:

1 Coffee	2 Chicken ++	3 Potato	4 Banana 2-3	5 Wheat ++	6 /	7 Baker's yeast → year 1/2 = 1/2
8 /	9 Apple	10 Sugar	11 /	12 Tomato ++	13 Beef	14 Grossnick ++
15 /	16 Cheese	17 Almond ++	18 Brewer's yeast (Vegemite)	19 /	20 Orege	21 Walnut
22	23	24	25	26	27	28

CHALLENGE SUGGESTIONS

(Recommended amounts per day per adult are given: these amounts may be reduced to half for a small child).

- Wheat
- Baker's Yeast
- Brewer's Yeast
- Rye
- Sugar
- Milk
- Egg
- Chocolate

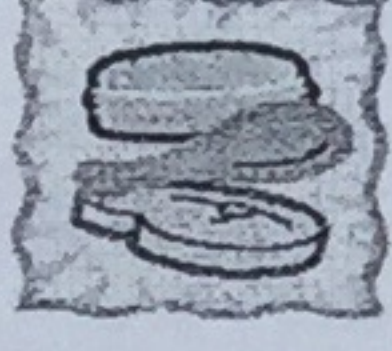
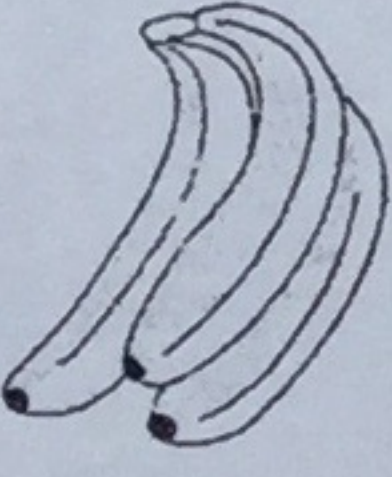

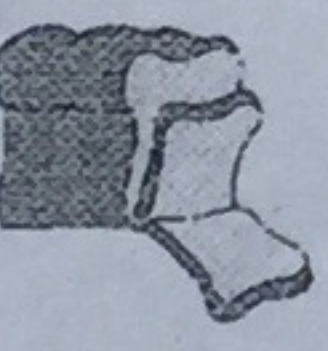
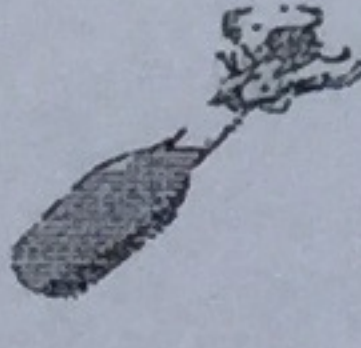

- 1/2 cup flour or four Weetles/Vita-Brits, Mountain or Soy bread, pasta,
- 8 small Car's TableWater or Captain's Table biscuits
- 1/2 sachet lunch & 1/2 sachet dinner disguised in food or drink
- 4-5 tsp sugar sand in stewed fruit
- Whole milk - 1/2 litre (2 glasses)
- Two
- 2 tsp of cocoa powder; if milk is not tolerated, use in a biscuit or a cake

Wheat + re  
→ Baker's yeast  
Tori Rye late

You should telephone the clinic if any problems arise. It is advisable to ring late in the morning or early in the afternoon.


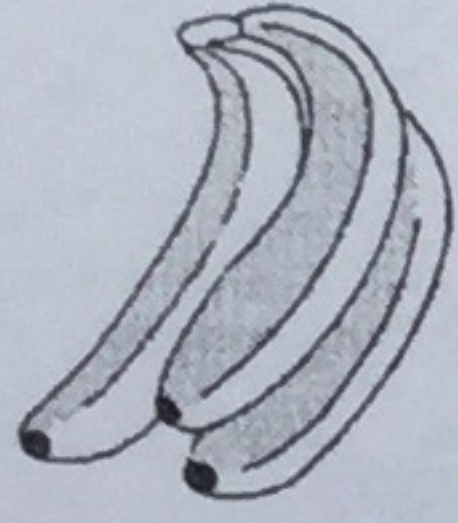






Dec 2015

	SAFE	UNSAFE	LIMITED TOLERANCE	UNSURE/ NOT TESTED
<b>MEATS</b> 	Tofu		most meat some fish	lentils
<b>FRUITS</b> 	mango bananas Avocado lemon Pears Prunes	Tomatoes dried fruit (mould reaction)	dates (fresh) lentils chick peas	
<b>VEGETABLES</b> 	Sweet potato Zucchini carrot pumpkin spinach spaghetti squash chives cucumber Bok choy	lettuce (mould reaction)	ginger	
<b>GRAINS</b> 	Quinoa buckwheat Chia	oats		Rye
<b>Miscellaneous</b> 	honey	eggs sugar Dairy Chocolate Coffee		
<b>NUTS &amp; OILS</b>	Almonds Tahini	peanuts mouldy nuts or seeds		
<b>WATER</b>	Nobles Perrier S. Pellegrino			
<b>ADDITIVES</b> 	Green Tea Carob powder	Vinager orange flavour		


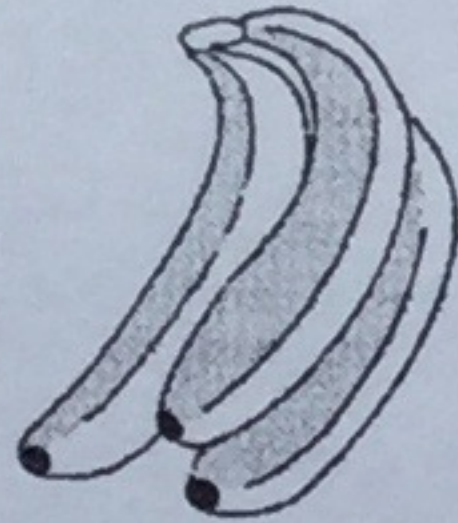






LEGEND: underlined fruit = mouldy fruit

SAFE	SAFE	UNSAFE	LIMITED TOLERANCE	UNSURE/ NOT TESTED	VEGAN CHOICES
<b>MEATS</b> 	TOFU Pulse flakes				Fish <u>Meat</u> Pork Oysters Scallops Prawns Claw fish
<b>FRUITS</b>  Avocado	Fresh Dates <u>banana</u> mango lemon Stone fruit Pears grapes	Old dates <u>old banana</u> Mouldy Stone fruit <u>mouldy grapes</u>	All dried fruit		
<b>VEGETABLES</b>  Cucumber Carrots	Chives Rosemary zucchini Carrot Pumpkin spaghetti Squash Pumpkin Sweet potato	White Potato Tomato lettuce Spinach (mildew) Onion garlic	lentils Chickpeas Beans (white)		
<b>GRAINS</b> 	Brown Rice ✓ Quinoa	Gluten? wheat Rye Oats spelt			
<b>Miscellaneous</b> 	honey maple syrup xilito	eggs <u>sugar</u> Dairy	<u>sugar</u>		
<b>NUTS &amp; OILS</b>	Tahini sesame, linseed hemp, chia, Almonds, cashew	Coconut oil Olive oil Peanuts			
<b>WATER</b>	+ nut butters Nobles Purea Perrier water				
<b>ADDITIVES</b> 	<del>S. Pellegrino</del> S. Pellegrino Bonson Milk Bean Coffee	instant coffee CoCo a CoLaO sulphates			

Green tea ✓ orange flavo r



	SAFE	UNSAFE	LIMITED TOLERANCE	UNSURE/ NOT TESTED
<b>MEATS</b> 				s
<b>FRUITS</b> 				
<b>VEGETABLES</b> 				
<b>GRAINS</b> 				
<b>Miscellaneous</b> 				
<b>NUTS &amp; OILS</b>				
<b>WATER</b>				
<b>ADDITIVES</b> 				



## RECOMMENDED PROCESSED FOODS

(To be eaten only if allowed on chart above)

Canned fruit and juice: SPC Natural, Goulburn Valley, Ardmona Pie, pear, peach, apricot, Goulburn Valley pear juice, Melrose pear juice concentrate.

True Fruits fruit strips or Freedom Foods, pear and peach.

Margarine: Nuttelex, Sundew, Becel

~~Soy-milk (sugar free) - stipulate brand - Soya King soya drink~~

Rice: rice cakes: Sunfarm, Pure Harvest, Westbrae; rice crackers - Sanesu, Akiko (Plain); rice flour, rice n - Aussie Rice, rice vermicelli; Orgran, Sunfarm rice bran, rice and millet pasta; puffed rice; puffed millet cereal: (Natures Natural, Pure Harvest, Abundant Earth, Sunlight), Lowan rice flakes; corn - corn cakes, corn taco shells, popped corn (using permitted oils).

"Naturally Good" buckwheat crispbread, 100% soba buckwheat noodles

~~Ryvita, Kavli biscuits, rye bread~~

Arrowroot flour

Free range turkeys available at G Tennant, 6 Gold Street, Collingwood. Ph: (03) 9417 4893; and as Cester Poultry, Brahan Market, and Malvern

## ELIMINATION DIET AND FOOD CHALLENGE

Elimination diet and food challenge is the most reliable way of diagnosing food allergy. By eliminating most often eaten foods and known common food offenders for a period of six days, symptoms should either disappear completely, or considerably lessen. Where there is a failure to respond, then either:

1. Not all offending foods have been omitted
2. Other factors outside the diet such as pollens/grasses or chemicals are involved
3. There may be a further problem, for example, a viral infection.

Omitted foods are subsequently "challenged" one at a time. Return of symptoms after a food challenge indicates a food sensitivity: that food must be avoided.

## PLEASE NOTE THE FOLLOWING

1. An appointment is necessary for the 7th day of the diet to assess its effectiveness and to advise you on how to add in food challenges.
2. Only fresh, non-processed, non frozen foods may be eaten unless otherwise indicated. Fresh foods, prepared and frozen at home are allowed, and indeed recommended.
3. Withdrawal symptoms are often present. These should pass by the 4th day. Panadol tablets may be used for relief.
4. Some foods may be asterisked (\*). These are to be removed from the morning of the 5th day if little or no improvement has been noticed.



## BASIC ELIMINATION DIET SUGGESTIONS

### BREAKFAST

1. PUFFED RICE CEREAL, RICE FLAKES OR BUCKWHEAT PUFFS, CANNED PEACHES, PEARS OR APRICOTS IN NATURAL JUICE, RICE SYRUP (PURE HARVEST), RICE MILK

OR

2. BUCKWHEAT PANGAKES WITH RICE SYRUP OR CANNED PEACHES IN NATURAL JUICE, BLACK TEA MADE WITH FILTERED WATER OR HERBAL TEA

OR

3. SAVOURY BREAKFAST - RICE WITH BEEF OR LAMB STRIPS, STIR FRIED ALLOWED VEGETABLES (FILTERED WATER), OLIVE OIL, PARSLEY, ROCK SALT, FRESH GROUND PEPPER

OR

4. SNACKS - RICE CRISP BREAD & AVACADO, RICE CRISP BREAD WITH NUTTELEX OR ST. DALFOUR APRICOT JAM, POPCORN, CORN CHIPS (FREEDOM FOODS)

### LUNCH

1. CANNED SALMON OR TUNA IN NATURAL SPRING WATER, NUTTELEX, RICE CRISP BREAD OR RICE THINS, CANNED PEACHES, PEARS OR APRICOTS IN NATURAL JUICE

OR

2. RICE PASTA OR RICE & CORN PASTA/VERMICELLI, STIR FRIED ALLOWED VEGETABLES (FILTERED WATER), OLIVE OIL, PARSLEY, ROCK SALT, FRESH GROUND PEPPER, BLACK TEA MADE WITH FILTERED WATER OR HERBAL TEA

OR

3. SALAD WITH ALLOWED VEGETABLES & FRUIT, SLICED COLD MEAT

OR

4. SNACKS - POPPED CORN USING OLIVE OIL, TRUE FRUIT STRIPS (FREEDOM FOODS) PEAR & PEACH, PEAR JUICE DILUTED 50/50 WITH FILTERED WATER

### TEA

1. FRESH FISH - RICE FLOUR, OLIVE OIL, ROCK SALT, FRESH GROUND PEPPER. L SALAD - LETTUCE/CARROT/BEETROOT/CELERY/ALFALFA/ CUCUMBER

OR

2. RICE SPAGHETTI - STIR FRIED ALLOWED VEGETABLES (FILTERED WATER), OLIVE OIL, PARSLEY, ROCK SALT, FRESH GROUND PEPPER

OR

3. BEEF OR LAMB ROAST - ROAST PUMPKIN & SWEET POTATO, STEAMED ALLOWED VEGETABLES (FILTERED WATER) E.G. FRESH GREEN BEANS, SPINACH, BOK CHOY, SNOW PEAS, CARROTS, ZUCCHINI, ASPARAGUS

4. DESSERT - TAPIOCA/SAGO, RICE MILK, CANNED PEACHES IN NATURAL JUICE.



VEGETABLE: celery, sweet potato, turnip, parsnip, kohlrabi, swede, brussel sprouts, mushrooms, asparagus, parsley, broccoli, cauliflower, cabbage, endive, beetroot (not canned), alfalfa, bean-shoots, fennel, chinese cabbage, bok choy, zucchini, squash, lentils, carrot, lettuce, taro, pumpkin, peas, chick peas, snow peas, beans (kidney, green, broad, lima), onion, garlic, capsicum, cucumber, spinach, silverbeet, potato, leek, tomato, eggplant

- fresh and/or frozen (excluding peas)      - no dried or canned

GRAINS: rice, tapioca/sago, arrowroot, millet, buckwheat, barley, corn, polenta, quinoa, rye bread, wheat, semolina, oats, rye

Rice:

- Vermicelli noodles      - Rice pasta      - Rice cakes and crispbreads
- Rice snack biscuits (plain flavour)      - Rice flour
- Rice cereals e.g. bran/flakes      - Rice milk

- Buckwheat: "Naturally Good" crispbread, 100% Soba noodles

MISCELLANEOUS:

Rock salt, fresh ground pepper, sunflower seeds, pumpkin seeds, sesame seeds, natural honey, milk-free margarine (e.g. Nuttelex, Becel, Sundew), peanut, nuts, sugar-free soymilk, milk, eggs, sugar, yeast

NO sauces, gravies, condiments, spices, chilli, marinades, soy sauce, vinegar, Vegemite, stock cubes, mayonnaise

OILS: pure olive oil, cold pressed sunflower oil

\* Black tea

FLUIDS: natural mineral water (deep spring, hepburn spa, bisleri, perrier),

herbal teas: (unbleached teabags allowed): Camomile, fennel, rose hip, lemon grass  
no peppermint tea

pear juice: Goulburn Valley Natural Pear Juice

Biodynamic Pear Juice

WATER: only filtered water for cooking and drinking. Use Brita Jug or Testa

\* DELETE DAY 5 IF NO BETTER

"Pureau"

IF AN "ALLOWED" FOOD IS OBSERVED TO UPSET - DON'T EAT IT!



324 Stephenson's Road,  
Mt Waverley Victoria 3149  
Australia

Dr Colin H Little  
M.B.B.S., M.R.C.P., (U.K.), F.R.A.C.P.  
A.C.N. 005 971 415

Telephone: (61) 3 9888 1345  
Fax: (61) 3 9888 1369

### BASIC ELIMINATION DIET

Start Diet: One week before next visit (for 7 days).

An appointment is necessary on the 7th day of diet to assess its effectiveness and advise you on how to add in food challenges.

Please Bring: This sheet back to your next visit.

- Everything crossed off is not to be eaten.
- Asterixed (\*) foods are permitted, but should be removed on the morning of Day 5, if little or no improvement has been noticed.
- Processed foods, preservatives and additives are NOT permitted, i.e. No takeaways/fast foods.

#### Allowed Foods

Note: If you do not see it here, do not eat it.

MEATS: lamb, free-range turkey, <sup>\*</sup>beef, veal, ~~rabbit, pork, shellfish, chicken~~

- Meats can be cooked in any way, i.e. roasting, grilling, frying etc.
- Preservative-free mince is allowed.
- No processed meats, no ham, bacon, salami, sausages, canned beef, etc.
- No chilli, gravies, herbs, spices, sauces

FISH: - Fresh fish

- Canned fish in natural spring water, i.e. Salmon, Tuna

FRUITS: ~~pear, peach, plum, nectarine, watermelon, kiwi fruit, mango, avocado,~~

~~paw-paw, cantaloupe, grape, tamarillo, rhubarb, custard apple, strawberry,~~

~~passionfruit, nashi pear, apple, banana, apricot, honeydew, orange, grapefruit,~~

~~pineapple, mandarin~~ <sup>Lemon</sup>

- Canned fruit in natural juice only - not in nectar or syrup
- 100% true fruit strips or Freedom Foods pear and peach
- no other dried fruits

FRUIT JUICE: - "Goulburn Valley Natural" pear juice

- "Biodynamic" pear juice

(Dilute pear juice 50/50 with either Natural mineral water or filtered water).

Pear juice mineral  
water (its fizzy)  
to " oil  
chol, coffee  
the fruit  
Chicken



## RECOMMENDED PROCESSED FOODS

(To be eaten only if allowed on chart above)

Canned fruit and juice: SPC Natural, Goulburn Valley, Ardmona Pie, pear, peach, apricot, Goulburn Valley pear juice, Melrose pear juice concentrate.

True Fruits fruit strips or Freedom Foods, pear and peach.

Margarine: Nuttalex, Sundew, Becel

~~Soy milk (sugar free) - stipulate brand - Soya King soya drink~~

Rice: rice cakes: Sunfarm, Pure Harvest, Westbrae; rice crackers - Sanesu, Akiko (Plain); rice flour, rice n - Aussie Rice, rice vermicelli; Orgran, Sunfarm rice bran, rice and millet pasta; puffed rice; puffed millet cereal: (Natures Natural, Pure Harvest, Abundant Earth, Sunlight), Lowan rice flakes; corn - corn cakes, corn taco shells, popped corn (using permitted oils).

"Naturally Good" buckwheat crispbread, 100% soba buckwheat noodles

~~Ryvita, Kavli biscuits, rye bread~~

Arrowroot flour

Free range turkeys available at G Tennant, 6 Gold Street, Collingwood. Ph: (03) 9417 4893; and as Cester Poultry, Bahrn Market, and Malvern

## ELIMINATION DIET AND FOOD CHALLENGE

Elimination diet and food challenge is the most reliable way of diagnosing food allergy. By eliminating most often eaten foods and known common food offenders for a period of six days, symptoms should either disappear completely, or considerably lessen. Where there is a failure to respond, then either:

1. Not all offending foods have been omitted
2. Other factors outside the diet such as pollens/grasses or chemicals are involved
3. There may be a further problem, for example, a viral infection.

Omitted foods are subsequently "challenged" one at a time. Return of symptoms after a food challenge indicates a food sensitivity: that food must be avoided.

## PLEASE NOTE THE FOLLOWING

1. An appointment is necessary for the 7th day of the diet to assess its effectiveness and to advise you on how to add in food challenges.
2. Only fresh, non-processed, non frozen foods may be eaten unless otherwise indicated. Fresh foods, prepared and frozen at home are allowed, and indeed recommended.
3. Withdrawal symptoms are often present. These should pass by the 4th day. Panadol tablets may be used for relief.
4. Some foods may be asterisked (\*). These are to be removed from the morning of the 5th day if little or no improvement has been noticed.



## BASIC ELIMINATION DIET SUGGESTIONS

### BREAKFAST

1. PUFFED RICE CEREAL, RICE FLAKES OR BUCKWHEAT PUFFS, CANNED PEACHES, PEARS OR APRICOTS IN NATURAL JUICE, RICE SYRUP (PURE HARVEST), RICE MILK

OR

2. BUCKWHEAT PANCAKES WITH RICE SYRUP OR CANNED PEACHES IN NATURAL JUICE. BLACK TEA MADE WITH FILTERED WATER OR HERBAL TEA

OR

3. SAVOURY BREAKFAST - RICE WITH BEEF OR LAMB STRIPS, STIR FRIED ALLOWED VEGETABLES (FILTERED WATER), OLIVE OIL, PARSLEY, ROCK SALT, FRESH GROUND PEPPER

OR

4. SNACKS - RICE CRISP BREAD & AVACADO, RICE CRISP BREAD WITH NUTTELEX OR ST. DALFOUR APRICOT JAM, POPCORN, CORN CHIPS (FREEDOM FOODS)

### LUNCH

1. CANNED SALMON OR TUNA IN NATURAL SPRING WATER, NUTTELEX, RICE CRISP BREAD OR RICE THINS, CANNED PEACHES, PEARS OR APRICOTS IN NATURAL JUICE

OR

2. RICE PASTA OR RICE & CORN PASTA/VERMICELLI, STIR FRIED ALLOWED VEGETABLES (FILTERED WATER), OLIVE OIL, PARSLEY, ROCK SALT, FRESH GROUND PEPPER. BLACK TEA MADE WITH FILTERED WATER OR HERBAL TEA

OR

3. SALAD WITH ALLOWED VEGETABLES & FRUIT, SLICED COLD MEAT

OR

4. SNACKS - POPPED CORN USING OLIVE OIL, TRUE FRUIT STRIPS (FREEDOM FOODS) PEAR & PEACH, PEAR JUICE DILUTED 50/50 WITH FILTERED WATER

### TEA

1. FRESH FISH - RICE FLOUR, OLIVE OIL, ROCK SALT, FRESH GROUND PEPPER. L SALAD - LETTUCE/CARROT/BEETROOT/CELERY/ALFALFA/ CUCUMBER

OR

2. RICE SPAGHETTI - STIR FRIED ALLOWED VEGETABLES (FILTERED WATER), OLIVE OIL, PARSLEY, ROCK SALT, FRESH GROUND PEPPER

OR

3. BEEF OR LAMB ROAST - ROAST PUMPKIN & SWEET POTATO, STEAMED ALLOWED VEGETABLES (FILTERED WATER) E.G. FRESH GREEN BEANS, SPINACH, BOK CHOY, SNOW PEAS, CARROTS, ZUCCHINI, ASPARAGUS

4. DESSERT - TAPIOCA/SAGO, RICE MILK, CANNED PEACHES IN NATURAL JUICE.



## How do I do the 'BASIC ELIMINATION DIET'?

Dr Little will give you a "Basic Elimination Diet" which you follow. Foods that you cannot have will be crossed out. Food with an \* (asterisk) are to be given up if you do not feel better after 5 days on the diet

You visit us on DAY 7 of the diet.

## How will I start?

- First** : Read the diet carefully
- Second** : Be determined to follow the diet to help find out what your problem is.
- Third** : If a food is not listed then it cannot be eaten.

## THEN

### Collect products that you are allowed eg.

- Rice
- Rice pasta
- Rice flour (etc)
- Corn crackers, pasta (etc)
- Filtered water (Nobles)
- Soy milk
- Rice milk
- Fruits
- Vegetables
- Snacks

### Need something sweet

- Freedom peach &/or pear 100%
- Fruit strips
- St. Dalfour Jam Peach (or as allowed)
- Rice syrup (great on buckwheat pancakes)
- Olive oil
- Nuttelex (or other as stated on sheet)



## Brands

These are some of the **brands** to look for at Coles, Safeway, Bi-Lo and the health food shop if needed.

- Orgran
- Freedom
- Farmland
- Healtheries
- Pure Harvest
- Country Life
- True fruit
- Nuttelex Margarine
- Nobles Water
- SPC Goulburn Valley Natural
- SPC Natural Pear juices
- Mountain Bread
- Rice Milk (Soy Milk sugar free)
- St. Dalfour Jam
- Tuna in Springwater



### **Basic**

Going back to "basic cooking". Fresh is best. No colours, additives, preservatives, spices, herbs, (check list for exceptions). No takeaways or fast foods, processed foods. This includes no coffee, alcohol, sugar, bread, milk, processed meats, (ham, sausage, salami, and bacon)

If you are allowed rice, rice flour can be blended to make a gravy with meat juices.

Sweet potato can be pureed as a sauce for pasta.

**Use your imagination** with the foods you are allowed.

If it's not on the list you **cannot have it**.

**No** sauces, gravies (except with flour allowed & pan juices), condiments, spices, chili, marinades, soy sauce, vinegar, vegemite, stock cubes, mayonnaise, alcohol, coffee, yeast & yeast products.