

# Elimination Diet (Vegetarian) – Stage 1

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Stage 1 of the elimination diet consists of 6 days on a very low risk allergy diet. It is important that you only eat the foods listed on the stage 1 diet sheet.

*It is vital to the whole investigation that there is absolutely no break in this diet. A small sip of coffee, for example, in the seven days could completely change the pattern of response which is crucial to being able to make accurate observations.*

## Notes for stage 1

1. On the morning of the first day you may take 2 teaspoons of Epsom salts in ¼ pint of warm spring water to help evacuate from the bowel foods that have been eaten on the days preceding the diet.
2. Where appropriate medications should be stopped as they will almost certainly contain food substances. This should be discussed during the initial meeting. Wheat, corn and yeast are all commonly used as excipients (base materials or fillers) in a wide range of pills such as oral contraceptives\*, antidepressants, tranquillisers, pain killers, blood pressure pills and vitamin or mineral supplements. Many medications are also sugar coated. *\*Please note that oral contraceptives should not be stopped mid-cycle.*
3. As well as restricting your diet, it is very important not to smoke at all during the elimination diet.
4. Whilst on the diet do not brush your teeth with ordinary toothpaste. Teeth can be cleaned with sodium bicarbonate or with allergy-free toothpaste. This will be discussed at the introductory meeting.
5. Avoid licking stamps, envelopes etc. as the glue often contains corn and other chemicals.

Please keep a comprehensive record of how you feel during the 6½ days. This is very important, even if you do not notice anything. If you are doing the diet as part of an action research group you will be developing methods and criteria for self-observation to help you. If doing it on your own it might be useful to track and monitor the following: tiredness/ energy levels; sleep patterns; musculo-skeletal aches and pains, including joints; gastro-intestinal tract; upper-respiratory tract/ nasal or sinus symptoms; skin; core temperature; headaches; pulse and blood pressure; appetite; mood; clarity of thought; irritability; sensitivity of the 5 senses. Also note any cravings and foods that you have missed the most on each day.

It is quite possible that you will feel worse than usual on this diet, especially during the first 3 days. Some of the symptoms that are commonly experienced include headaches, fatigue, dizziness, aching muscles, catarrh, swollen ankles, depression, lethargy, stress etc. These and other symptoms may be helped by taking 2 teaspoons of sodium bicarbonate in ½ pint hot spring water. Symptoms should not persist for more than a few days, but be prepared. Experience has shown that individual responses are unpredictable, and the response pattern is often indicative of underlying constitutional issues that may be resolved after completing the elimination diet process. It is important to keep this in mind when symptoms start occurring.

## Stage 1 – Diet Sheet

For 6½ days your diet should be **totally** restricted to the following:

Organic Sunflower oil

Sweet Potatoes	Boiled, roasted or cut into penny slices and microwaved or deep fried in sunflower oil until brown
Pear Avocado	
Bean sprouts Bamboo shoots	Raw or fried
Turnips Swedes Butternut squash	Boiled, microwaved or roasted, or in frozen form when out of season
Carrots Green beans Marrow Courgettes	Fried, microwaved, boiled, or raw
Lettuce Cucumber	

Drink only still or sparkling spring water. A pear juice drink can be made by removing the skin and liquidising the fruit with spring water.

If using salt use only sea salt.

# Elimination Diet – Stage 2

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The object of the next 8 days is to obtain a list of about 20 foods to which you are not allergic or sensitive.

The foods for this stage have been chosen for their relatively low chance of producing a reaction, although no food is completely safe in this respect. During this stage you will be able to build up your diet before starting stage 3, when you will be testing foods that are more likely to cause a reaction.

It is important to continue with a strict observation process, and especially to note the return of any symptoms that may have either disappeared or improved by the end of stage 1. If no symptoms occur, or no increase in symptoms occur within 5 hours of eating the food, then that food is normally considered safe and can be included in your diet from then onwards. Reactions can occasionally take more than 5 hours to occur, but this is unusual. If this is happening it should become obvious to you fairly quickly.

During this stage each meal should only include foods already passed as safe, plus one new food being tested for the first time. So, from now onwards, only introduce one new food at each meal in the order listed on the diet sheet.

The commonest time to react to a food is 2-3 hours after eating it, although it can be as short as ½ an hour or as long as 4½ hours. Food reactions can be strong, medium, or mild. Strong reactions are very obvious – you can feel extremely well until you try a certain food, and then symptoms return in full force. Other symptoms may be moderately obvious such as a recurrence of symptoms like fatigue, a headache, joint pains or stomach pain etc. which can be a reaction to food or can sometimes be the result of mental or physical stress. If you are unsure whether you have reacted to a food or not, put a question mark beside it and do **not** include it in your diet.

## **Follow these rules:**

1. If in doubt about a food leave it out of your diet for the time being
2. Never re-test a doubtful food until at least 5 days after the original test. If a doubtful food is retested sooner than 5 days after the original test you are unlikely to get an immediate response reaction, even if you are really sensitive to that food.
3. If any sort of food reaction occurs, wait until your symptoms have cleared for a few hours before moving on to the next food test. This is important, as you will find it difficult to assess another food if you are still feeling unwell.

The design of the diet is such that foods that are in specific food families are separated by 4 days to avoid the possibility of a false negative reaction occurring due to cross reactions with the same food group.

## Stage 2 Diet Sheet

<b><u>Day 1</u></b>	<b>Kiwi Fruit</b> <b>Banana</b>	
<b><u>Day 2</u></b>	<b>Grapes</b> <b>Rice</b> <b>Tomatoes</b>	White or red White or brown Fresh, grilled or raw
<b><u>Day 3</u></b>	<b>Lemon</b> <b>Tap Water</b> <b>Sheep's milk</b>	
<b><u>Day 4</u></b>	<b>Tea</b> <b>Onions</b> <b>Celery</b>	Without milk – ordinary or single herbal tea
<b><u>Day 5</u></b>	<b>Soya beans or pure soya milk</b>  <b>Red/ green peppers</b>	Beans soaked and then boiled – can be tested as pure tofu. A form of soya should be eaten at both breakfast and lunchtime
<b><u>Day 6</u></b>	<b>Eggs</b> <b>Potatoes</b>	
<b><u>Day 7</u></b>	<b>Cabbage</b> <b>Peas</b> <b>Spinach</b>	All fresh or frozen
<b><u>Day 8</u></b>	<b>Apple</b> <b>Yeast</b>	One teaspoon of brewer's yeast powder (raw or dried). Most people find this unpleasant to take on its own. You may sprinkle it on food you are already including in your diet.

# Elimination Diet – Stage 3

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You are now going to test major basic foods, many of which are common allergens. As these foods are very common in the Western diet, it is important to test them carefully by doing a maximum of only 2 foods per day. Since wheat and corn are absorbed rather slowly and frequently have a muted and delayed response, these are tested for 2 full days each.

	MORNING	EVENING
<b><u>Day 1</u></b>	Cow's Milk	Cow's milk (whole milk) – have some milk with every meal this day
<b><u>Days 2&amp; 3</u></b>	Wheat. Test either as pure shredded wheat or whole wheat pasta.	One or other of these products should be eaten with every meal on these 2 days.
<b><u>Day4</u></b>	If both the wheat test and the yeast test or OK, now test wholemeal bread from a local private baker (not supermarket bread) at every meal.	
<b><u>Day5</u></b>	Fresh ground coffee	Mushrooms
<b><u>Day6</u></b>	Cane Sugar (brown, demarera or muscovado)	2 teaspoons at each meal on this day
<b><u>Day 7</u></b>	Orange (not orange juice)	Black pepper
<b><u>Day 8</u></b>	Beet sugar (silver spoon etc.)	Broccoli
<b><u>Days 9 &amp; 10</u></b>	Corn. The test material is corn on the cob and glucose powder, which is made from corn and called 'corn sugar' or 'corn syrup' on some products.	Start each meal with corn on the cob, finish each meal with 2 teaspoons of glucose powder. Take at all meals during these 2 days.
<b><u>Day 11</u></b>	Lemon	Vegetarian cheese – any veggie cheese made with goat's, sheep's or cow's milk
<b><u>Day 12</u></b>	Cashew Nuts	Parsnips

# Elimination Diet – Stage 4

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<b><u>Day 1</u></b>	White Bread – do not test if allergic to wheat, corn or yeast  Garlic
<b><u>Day2</u></b>	Grapefruit  Chick peas  Dates
<b><u>Day3</u></b>	Parsnips  *Macademia nuts
<b><u>Days 4 &amp; 5</u></b>	Rye – use ryvita (plain). Take some of this at every meal for 2 full days (unless reaction occurs earlier)
<b><u>Day 6</u></b>	Cauliflower  Rhubarb  *Honey
<b><u>Day7</u></b>	*Instant coffee. This is a chemical test (do not test if allergic to ordinary coffee)  Asparagus  Lentils
<b><u>Day8</u></b>	*Olive oil  Pineapple  *Tinned carrots – do not test if allergic to carrots. This is a test for the phenolic lining of the tin. Check that the tin contains no sugar
<b><u>Days 9 &amp; 10</u></b>	Oats – porridge oats – take at each meal: a 2 day test like wheat
<b><u>Day 11</u></b>	*Monosodium glutamate – sprinkle lightly on some food  Brazil nuts  *Brussels sprouts
<b><u>Day 12</u></b>	*Saccharin tablets  *Almonds

	Peanuts
<b><u>Day 13</u></b>	Malt extract Take 2 teaspoons with every meal
<b><u>Day14</u></b>	Mixed herbs Mango Raisins
<b><u>Day 15</u></b>	Chocolate – often contains wheat, corn, and sugar. Do not test if allergic to these items. Olives

Please note that items marked with an\*asterisk are unrelated to other food items and can be interchanged as long as the spacing between other foods is undisturbed. Food dyes, emulsifiers, etc., have not been assessed, but when standard foods have been evaluated reactions to such chemicals are usually fairly obvious.

You have at this point assessed 65- 70 different foods, which accounts for the majority of what most people eat.

Seasonal fruits such as cherries, plums, peaches, apricots, strawberries, raspberries, gooseberries and blackcurrants have not been tested, but should be if they are in season when doing the diet.

Complicated foods such as Marmite, jams, confectionery, sauces, and alcoholic beverages are mostly mixtures of items already tested.

If you are faced with a multiple food such as marmalade which contains one or two items you have not tested, then by all means try the product and observe if you react.