

HYPOALLERGENIC DIET

GENERAL:

1. Avoid allergenic foods for three to six months.
2. At the end of the avoidance period reintroduce one of the forbidden foods per week until you are back on a complete and unrestricted diet. This is done as follows:

Let us say you are allergic to five foods, which we will call A, B, C, D and E.

Let us say that you are now trying to reintroduce Food A (perhaps wheat, for example). You would eat or drink 4 to 8 ounces of Food A, every day for seven days in a row while avoiding foods B, C, D and E as before. If, at the end of the week, your allergic symptoms (hay fever, asthma, hives, eczema, etc.) are no worse, you may then introduce Food B in the same manner while continuing to eat Food A but not C, D or E.

If at the end of the second week you still have observed no worsening in your symptoms, you may then proceed with the introduction of the third food. Should you, however, run into a worsening of your symptoms, you would continue to eat Foods A but not B for a third week without introducing the third food until your symptoms return to normal. At that point you would again begin to reintroduce one of the other remaining forbidden foods.

Anytime during the ensuing weeks the allergic symptoms fail to disappear, you must remove the last food added and wait for symptoms to subside before reintroducing another food.

3. Check the individual Food Allergy Handouts for substitutions that can be made for forbidden foods.

