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HYPOALLERGENIC DIETARY GUIDELINES

Food Guidelines

Organic fruits & vegetables if possible, make sure you wash them thoroughly to remove pesticides & contaminants, use soap or hydrogen peroxide.

Be sure to read labels thoroughly to find added ingredients and avoid anything with sugar, glucose, fructose, EDTA, flavouring, colour or any other preservatives.

Foods to Eat	Foods to Avoid
Vegetables - Can be eaten raw, steamed or baked, no frying	
<ul style="list-style-type: none"> ▪ All fresh vegetables (try to incorporate onions, garlic, carrots, beets, leeks, celery, cauliflower, Brussels sprouts, cabbage, green beans, broccoli, asparagus, leafy greens – kale, mustard greens, turnip greens, bok choy, kohlrabi etc.) ▪ Sweet potatoes, yams ▪ Try sprouting, esp. mung beans, alfalfa & red clover as they help with detoxification 	<ul style="list-style-type: none"> ▪ Tomatoes, potatoes, peppers, eggplant (Nightshades family) ▪ corn ▪ mushrooms <p>Please note <i>If ragweed allergy present then eliminate artichokes, iceberg lettuce, sunflower seeds and oil, safflower oil, dandelion, chamomile and chicory.</i></p>
Fruits	
<ul style="list-style-type: none"> ▪ All fresh fruits ▪ Fruit sauces (applesauce, apple blackberry, apple cherry) w/ no added sugar (Santa Cruz) or Wellesley's apple sauce 	<ul style="list-style-type: none"> ▪ Bananas ▪ Citrus (oranges, grapefruit) ▪ Melons ▪ Strawberries ▪ Dried fruits
Grains	
<ul style="list-style-type: none"> ▪ Brown rice, millet, buckwheat, quinoa, tapioca, teff, amaranth ▪ Gluten-free pasta or breads <p><i>You can also eat cereals made from these grains.</i></p>	<ul style="list-style-type: none"> ▪ All gluten-containing grains (wheat, spelt, rye, oats, barley) commonly found in breads, pasta & other products from refined flour <p><i>By avoiding these foods for a few weeks it gives your body a chance to relax. You may not even know you have an allergy to these foods because the symptoms may be so subtle.</i></p>
Legumes	
<ul style="list-style-type: none"> ▪ All legumes (adzuki beans, navy, black, etc.) ▪ All peas (fresh/ split/ snap) ▪ Lentils (any variety) 	<ul style="list-style-type: none"> ▪ Soy beans & soy products (tofu, soy milk, soy sauce, miso, tempeh, TVP)
Nuts & Seeds - Raw forms only.	
<ul style="list-style-type: none"> ▪ Almonds ▪ Sesame seeds ▪ Brazil nuts ▪ Hazelnuts ▪ Pecans ▪ Pumpkin seeds ▪ Sunflower seeds ▪ Walnuts 	<ul style="list-style-type: none"> ▪ Peanuts ▪ Pistachios ▪ Cashews <p>Any nuts or seeds that are salted or flavoured in some way</p>

Meats (Animal products)	
<p><i>(Ideally, all meats will be organic.)</i></p> <ul style="list-style-type: none"> Free-range chicken & turkey Wild game Pork Bison Ostrich Wild deep water fish (salmon, halibut, cod, mackerel, sardines) 	<ul style="list-style-type: none"> Beef / Lamb Processed meats (sandwich meats, hotdogs, sausage, smoked meats, bacon/ham) Shell-fish, catfish Dairy (milk, cream, sour cream, cheese, butter, yogurt) Eggs
Condiments	
<ul style="list-style-type: none"> Oils: olive, sesame, walnut, sunflower. Oils should be eaten raw (<i>drizzle over salad/ steamed vegetables/ grains, add to fruit smoothie.</i>) All herbs (parsley, coriander, garlic, ginger, etc.) All spices (e.g. curry, fennel, cayenne, basil, cinnamon, clove) Sea salt, Himalayan rock salt Spreads: tahini paste; nut butters (eg. almond, hazelnut, sesame, sunflower), apple butter (organic), bean dips (eg. hummus) Sauces: pesto, mustard w/ no additives Apple cider/ brown rice vinegar, lemon juice (not from concentrate) Sweeteners: stevia, molasses, agave, honey 	<ul style="list-style-type: none"> Regular table salt Refined oils, margarine, shortening All sweeteners (corn syrup, brown/white sugar, glucose, maltose, maltodextrose, MSG, etc.) <p><i>This includes desserts & all processed foods high in sugars.</i></p>
Beverages	
<ul style="list-style-type: none"> Filtered water, at least 8-9 glasses! 100% fruit & vegetable juices Herbal teas: eg: rooibos (red tea), peppermint, chamomile, licorice root, passion flower, dandelion, milk thistle Green tea Rice milk (Rice Dream Pacific) & nut milks (Breeze, Pacific) 	<ul style="list-style-type: none"> Caffeinated beverages (coffee, black tea, soda) Alcohol Dairy (milk & other dairy products) Soy milk All fruit drinks high in refined sugars Vegetable drinks high in salt (eg: V8)

Food Reintroduction

It is recommended to follow this diet for at least 3 weeks (6 weeks is optimum) but the duration of your elimination diet will be determined by your physician.

Once the elimination diet comes to an end you will be gradually reintroducing the foods that you have been avoiding.

Every newly introduced food or food group should be eaten during at least 2 of the 3 meals in one day for three consecutive days. At any point when you start to react to the food, you need to stop eating the offending food. If however, you have no reactions after the third day you simply introduce another food group.

Please note that when you react to an introduced food, wait until your reaction subsides prior to reintroduction of the next food group and do not eat the food that you reacted to until the reintroduction of all the other food groups is over. Then add the food group at the very end.

Here is the list of food groups that need to be reintroduced into your diet. Please note that the following order can be altered depending on your situation and what your ND may prefer.

- Dairy (milk, cream, sour cream, cheese, butter, yoghurt)
- All gluten-containing grains (wheat, spelt, rye, oats, barley) commonly found in breads, pasta & other products from refined flour
- Beef
- Corn
- Tomatoes, mushrooms, peppers, potatoes
- Eggs
- Caffeinated beverages (coffee, black tea, soda)
- Shellfish, catfish
- Soy beans & soy products (tofu, soy milk, soy sauce, miso, tempeh, TVP)
- Peanuts, pistachios, cashews
- Bananas
- Strawberries
- Citrus (oranges, grapefruit)
- Melons
- Dried fruits
- All sweeteners (corn/ brown/ white sugar, etc.), fruit drinks high in refined sugars

Once you have reintroduced all the various foods into your diet, you need to go back and try eating those foods that you were sensitive to. See how you react to them again. If you have any adverse reaction(s) to that food or food group, then you know that you may need to avoid that food/food group all together or eat it sparingly.

Meal Suggestions

Breakfast

Breakfast may include combinations of approved grains, meats, and fruits. Here are a few ideas...

1. Buckwheat/ millet/ brown rice (Bob's Red Mill Creamy Rice Farina) porridge or quinoa to this you can add molasses, cinnamon & apples or pears, a few almonds & rice or almond milk.

2. In general:

- add fruit, nuts & spice to porridge while its cooking; makes fruit & nuts more digestible and adds flavour
- You can even mix buckwheat & millet together!

3. Fruit smoothie, blend together the following...

- 1 cup rice/almond milk
- 1 cup of fruit (berries, pears, mango)
- 1 tbsp flax oil
- 1/2 tbsp tahini
- few almonds

4. Buckwheat flakes (Arrowhead)/ rice flakes (Arrowhead)/ rice crisps (Barbara's)/ nutty rice (Pacific Grain Products) cereal w/ rice or nut milk

Lunch & Dinner

Lunch and dinner may include approved organic/grain fed chicken & turkey, wild game, fish, grains, legumes, cooked or raw vegetables, soups, and salads.

Snacks

Brown rice crackers or brown rice cakes w/ almond butter and sugar free apple butter, tahini w/ vegetable topping (sprouts, cucumber, cooked beats), avocado

Fruits especially those that are seasonal

Raw vegetables (carrot & celery sticks)

Handful of nuts or a baked sweet potato