

Elimination-Challenge Diet to Assess Adverse Food Reactions

Gluten (also referred to as gliadin):

Wheat (berries, flour, couscous, bulgar), spelt, kamut, rye, barley, oats, in many processed foods.

Oats?

Dairy:

Cow's milk, yogurt, kefir, cream, sour cream, cottage cheese, ice cream, evaporated milk, cheese.

Butter? Goat?

Gluten Free Grains:

Rice, wild rice, millet, sorghum, quinoa, amaranth, corn, buckwheat, teff...

Gluten-free ingredients:

Tapioca, potato starch, arrowroot powder...

Vegetables that can substitute for grain carbohydrates:

Pumpkin, winter squash, zucchini, onions, yams/sweet potatoes, beets, carrots, parsnips, turnips, cauliflower, green peas, green beans, potatoes in moderation...

Helpful cookbooks:

[The Whole Life Nutrition Cookbook](#), by Alissa Segersten and Tom Malterre.

[Gluten-Free Baking Classics](#), by Annalise G. Roberts.

Eliminate gluten and dairy for 4 complete weeks.

Then challenge each food, one at a time:

Have two servings a day for 2 days in a row, then discontinue that food again.

Watch for immediate and delayed symptoms for 3 days after the last serving.

Then challenge the other food similarly.

When you are challenging gluten, you might want to challenge gluten-free oats first, available through Bob's Red Mill. Not all people who react to gluten are sensitive to oats, but some are.

Regular oats are often contaminated by being processed on machinery used to process gluten grains.

And for extremely reactive people, even the protein in gluten-free oats is similar enough to gluten to cause a reaction.

After you test gluten-free oats, then you can test wheat and the other gluten containing grains.

When you are challenging dairy, you may want to try one food type at a time.

People who react to dairy may be reacting to one or more ingredients in it: lactase (milk sugar), or the proteins caseine and lactalbumin.

For instance, you might

1) challenge whey (composed of lactalbumin rather than caseine),

2) then challenge yogurt (if truly fermented, the milk sugar lactose is usually transformed into lactic acid during the fermentation process. Lactic acid does not require the enzyme lactase for digestion),

3) then challenge goat cheese (goat milk proteins and smaller and more digestible for some),

4) then challenge cow cheese (contains a lot of caseine and very little if any lactalbumin),

and see if your reactions are different for these, or the same.

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Name:

Date:

Track reactions and symptoms. These can include energy, mood, sleep, ability to concentrate and focus, aches and pains, skin condition, digestive symptoms, and everything else.

Rate symptoms on a scale of 1 to 10, noting which end is good and which end is bad.

1 is _____ and 10 is _____ .

If you want, add descriptions regarding frequency, intensity, duration, and other qualities.

Symptoms Now

Description & Rating

Date:

Symptom Rating

after finish Elimination

Date:

Symptom Rating

during & at end of Challenge

Date:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.