

## ***Elimination-Challenge Diet to Investigate Adverse Food Reactions***

Gluten (also referred to as gliadin):

Wheat (berries, flour, couscous, bulgur), spelt, kamut, rye, barley, oats, in many processed foods.  
Oats? Bob's Red Mill gluten-free oats are the cleanest, processed in gluten-free facilities, grown away from wheat fields, unlike most other oat products.

Dairy:

Cow's milk, yogurt, kefir, cream, sour cream, cottage cheese, ice cream, evaporated milk, cheese.  
Butter? Goat milk products?  
Butter may not be a problem, as it is mostly fat, which is non-allergenic, and contains very small amounts of residual milk. If this small amount bothers you, ghee or clarified butter may agree.

Gluten Free Grains:

Buckwheat, wild rice, sorghum, teff, millet, quinoa, amaranth, rice, corn (avoid GMO)...

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...

Legumes (Beans & Peas):

Legumes are higher in protein and have a lower glycemic index than grains. They can be used as a grain substitute. Choose the ones that agree with you, and watch portion size to minimize gas.  
Examples include lentils, split peas, pinto beans, aduki beans, kidney beans, black beans, garbanzo beans, and others.

Helpful cookbooks:

*The Whole Life Nutrition Cookbook*, and *Nourishing Meals*, both by Alissa Segersten and Tom Malterre.  
Also see their websites, many great recipes there as well: [nourishingmeals.com](http://nourishingmeals.com) and [wholelifenutrition.net](http://wholelifenutrition.net)  
*Gluten-Free Baking Classics*, by Annalise G. Roberts.

Eliminate gluten and dairy completely for 4 weeks. Even a small amount is enough to keep symptoms going.  
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 foods 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 casein and lactalbumin. Sometimes goat dairy is tolerated when cow dairy is not.

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For instance, to challenge dairy you might  
1) challenge whey (composed of lactalbumin rather than casein),  
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 are smaller and more digestible for some),  
4) then challenge cow cheese (contains a lot of casein and very little if any lactalbumin),  
and see if your reactions are different for these, or the same.

### ***Food Illumination Test*** ***to Find out which Foods Do and Don't Agree with You***

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 0 to 10, with 0 as no reaction and 10 is the worst reaction.

If you want, add descriptions including frequency, intensity.

**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.