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Adult and Pediatric Allergic Disease, Asthma and Immunology

Diplomates: American Board of Allergy and Clinical Immunology

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ALLERGY DIET #1

FOODS ALLOWED:

Lamb

Rice Cakes/Crackers

Puffed rice

Rice

Rice Flakes

Okra

Beets

Carrots

Chard

Lettuce

Sweet Potato

Apricots

Cranberries

Peaches

Pears

(Also juices of these fruits)

Acetic acid vinegar (white vinegar)

Olive oil, Crisco, Spray or any vegetable oil except oleomargarine which may contain milk solids and corn

Oils, avoid if made with corn

Sugar, cane

Salt

Tapioca

Vanilla extract (synthetic)

Water

SUGGESTED MENU:

Breakfast:

Rice

Peaches

Apricot Juice

Peach Jam

Water

Lunch:

Lamb Chop

Sweet Potato

Beets

Rice Wafers

Cranberry Juice

Pears

Dinner:

Lamb Pattie

Boiled Rice

Carrots

Lettuce with

acetic acid

Apricot Juice

Peaches

Avoid:

Coffee

Tea

Coca Cola

Soft Drinks

Chewing Gum

All medications

except those ordered by the
Physician.

Instructions:

1. Eat only the foods listed above during the trial elimination period. Be sure to read product labels carefully for all ingredients.
2. Avoid coffee, tea, soft drinks, chewing gum, and all medication, vitamins, etc except as ordered by your physician.
3. Health food store carry many specialty items not available in the local grocery stores.

AVOID ANY FOOD NOT ON THIS LIST (CHECK PRODUCT LABELS CAREFULLY)

Dietary restriction for the purpose of diagnosing food allergy.

If the patient has symptoms that may be attributed to food allergy such as hives or swelling of a body part, an allergist will sometimes put them on a restrictive diet such as our diet #1; the rice and lamb diet. The purpose of this is to remove all of the commonly eaten foods from the diet except for those foods which rarely cause allergy and provide an alternative source of nutrition in the absence of the patient's regular diet. If the symptoms disappear while on the diet, this may be evidence that the symptoms were due to food allergy. The diet#1 has been liberalized by our diet #2 and #3 which can be used alternatively as starting points depending on patient motivation, clinical history, and other factors. If the allergic type symptoms are eliminated by dietary restriction then major food groups can be added back one at a time such as milk, wheat, eggs, etc., to see if the symptoms flare. Ideally, the offending food should be removed from the diet and again introduced another times in order to further document the flare of symptoms when that food is introduced.

During the time of dietary restriction and the adding back of foods, a thorough diet history should be kept. For this purpose our "14 Day Diet Diary" should be used by the patient as a means by which to conveniently keep a food diary that can be inspected by the physician for signs of causality.

If symptoms are intermittent, or other than constant, the "14 Day Diet Diary" may be used as a means by which to collect prospective information without any dietary restrictions. The patient should maintain a diary of foods eaten, symptoms which have occurred, and medications taken in prospective fashion. This type of information is much more reliable than retrospective or historical information. These types of food diaries are then studied for clues regarding the potential cause and effect of various foods.