

Nutricheck



Professional Dietary Advice

Food Challenge Testing

Please Note: This *Food Challenge Testing Guide* is not intended to be a recommendation for self-medication, or to replace medical services.

FOOD CHALLENGE TESTING

USE ONLY UNDER THE GUIDANCE OF A HEALTH PRACTITIONER

A food challenge test, done at home, can be used to determine if a food sensitivity problem is present and is responsible for your ill-health. The two main methods of performing a food challenge test are:

METHOD 1:

Abstain from the suspect food group for a period of 5-7 days, then eat a moderately large amount (approximately 100gm) of the suspect food and note whether or not any symptoms develop. Any ill-health symptom should be recorded and is regarded as a possible positive reaction.

Again abstain from the suspected food(s) for another 5-7 days and then repeat the food challenge. A sensitivity reaction to that food(s) is present if the same or similar symptoms recur.

METHOD 2:

Abstain from the suspect food group for a period of 5-7 days, then eat a moderate amount (approximately 50-100gm) of the suspect food each day for 3 consecutive days. Note any symptoms that develop.

Again, abstain from that food(s) for 5-7 days and then repeat the food challenge. A sensitivity reaction to that food(s) is present if the same or similar symptoms recur.

The second method is a more reliable way of identifying a food sensitivity problem, although it does take longer to do.

Many people who are intolerant of one or more specific foods may also show a reaction to other related foods. For example, if you react to wheat you may also react to RYE, CORN and/or OATS. So, avoiding wheat may not improve your symptoms if you continue to eat these other grains.

If you are sensitive to several foods, then all these foods need to be excluded before a challenge test is done. For example, if you are reacting to wheat, milk and yeast (the 3 most common food reactions), then these must be excluded before you can start challenge testing. If this situation is suspected, then a low-allergy diet offers the best chance of success. A balanced low-allergy diet is available from the Nutricheck program and should be supervised by your health care practitioner.

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