

Nutricheck



Professional Dietary Advice

The Low Allergy Diet

Please Note: This *Low Allergy Diet Guide* is not intended to be a recommendation for self-medication, or to replace medical services.

THE LOW ALLERGY DIET

USE ONLY UNDER THE GUIDANCE OF A HEALTH PRACTITIONER

This diet may be suitable for people with a HIGH ALLERGY score on the Nutricheck analysis. Check with your health practitioner.

DIET RULES:

You need to adhere closely to these rules to maintain a good nutritional status as this is a very restricted diet.

1.. You must eat 3 MEALS A DAY ... *** NO SKIPPING MEALS *** 2.. Each meal must be BALANCED ... with PROTEIN/FIBRE/STARCH/FRUIT. 3.. Try to eat SEAFOOD at least once a day. 4.. Avoid common ALLERGY-CAUSING foods: MILK / GRAINS / YEAST. 5.. Avoid processed foods which contain preservatives and chemicals.

HIGH PROTEIN FOODS:

(% protein = grams of protein/100 gm of food) EGGS: Approx. 17.5% : (one 45gm egg = 8gm protein). SEAFOOD: 16 -20 % : average 18%. POULTRY: 23 -27 % : average 25%. LEAN MEAT: 27 -33 % : average 30%. NUTS: 16 -19 % : average 17% (cashews and almonds only). BEANS: Average only 8% when cooked.

Ideal Body Weight:

Your protein requirement depends on your 'Ideal Bodyweight (IBW)' and an 'Exercise Factor (EF)' related to your exercise level. No exercise -EF = 1; Light exercise -EF = 1.2; Moderate exercise: EF = 1.4; and Heavy exercise -EF = 1.6.

To calculate your daily protein requirement:

Multiply Ideal Bodyweight (IBW) X 0.9 X Exercise Factor (EF). Example: A 64 kg woman doing 3 aerobic classes a week would have a protein requirement = $64 \times 0.9 \times 1.2 = 69$ gm/day = 23 gm/per meal.

To calculate the serving size for each food:

Multiply the protein needed per meal X 100, and divide by the % protein of that food. Example: For a meal of salmon (seafood), the serving size = $(23 \text{ gm} \times 100) / 18 = 128$ gm of salmon.

HIGH FIBRE FOODS:

Think of vegetables only here. Not because they are the only foods which have fibre, but because they are highly packed with nutrients(vitamins and minerals). You should try to eat approximately 150gm per meal.

VEGETABLES:

Use 5-6 varieties per meal. Choose from the following: Cauliflower, broccoli, cabbage, brussel sprouts, celery, lettuce, carrots, parsnip, turnip, choko, onion, green beans, mushrooms, raw beetroot, radish, avocado, mungbean sprouts, and tomato(in small amounts).

The following vegetables may cause reactions in chemically sensitivity people: Cucumber, pumpkin, zucchini, squash, scallopini, dill pickle, spinach, silverbeet, aubergine, capsicum, tomato and alfalfa sprouts. These are best avoided in the early days of this diet.

HIGH STARCH FOODS:

Many of these foods are also high in fibre. You should try to eat about 100 -150 gm of these per meal.

GRAINS/CEREALS:

Rice, rice-noodles, rice-crackers, rice-flour.

OTHER STARCHES:

Sago, tapioca, buckwheat and buckwheat flour.

LEGUMES:

Splitpeas, lentils, chickpeas, soybean and other dried beans, soy flour, and yellow-pea flour.

VEGETABLES:

Sweet-potato, potato, peas and butternut-pumpkin.

FRUITS:

Try to eat 100 -150 gm of fruit after each meal. Select from apple, pear, pawpaw, kiwi-fruit, banana, mango, and custard-apple.

The following fruits frequently cause chemical reactions: Peaches, apricots, plums, cherries, watermelon and other melons, citrus fruit, grapes, berries, pineapple and many dried fruits.

DRINKS:

You should drink about 2 litres of fluid a day (8-10 cups). WATER : Soda/mineral and tap water (tap water should be filtered), flavoured with lemon, 100% fruit-juice or Angostura bitters. TEAS: Herbal and low-tannin teas are usually OK : Check for chemicals. Ordinary tea is usually OK if weak and black. COFFEE: Steam-decaffeinated coffee may be OK, but should preferably be filtered. Instant coffees often contain added chemicals. ALCOHOL: Scotch (12-yr-old), cointreau, gin and vodka may be OK. Red wine MAY be tolerated by some people. Beer, wine, rum and brandy often trigger reactions.

HERBS AND SPICES:

These are generally tolerated in small amounts. AVOID paprika though chilli may be OK in small amounts.

FLAVOURINGS:

Onion, garlic and ginger are usually OK. TOMATO PASTE: This must be yeast free and may be OK in small amounts. TAMARI(wheat-free): Use this instead of soy sauce. DASHI: Use this instead of stockcubes. It must be yeast-free. TAMARIND OR LEMON: Use instead of vinegar. White vinegar may be OK. SALAD DRESSINGS: Use oil and lemon or white vinegar.

AVOID THE FOLLOWING FOODS

GRAINS:

ALL grains except rice (especially WHOLEGRAINS), wheat, rye, corn, oats, barley, semolina and millet, breads, pasta, biscuits, muesli and most breakfast cereals.

MILK PRODUCTS:

Milk, cream, cheeses, yoghurts and milk-solids *** Pure butter mixed with olive/canola oil may be OK ***

YEAST:

Breads, biscuits, wine, beer, stockcubes, thick sauces, vegemite/marmite, gravox, vinegar, soy-sauce, miso, most processed foods and dried fruit, and ALL fermented foods.

SUGARS:

Table-sugar, honey, lactose, milks, citrus fruit-juices, cakes, biscuits, sweets, ice-cream, and chocolate (Pure-sugar, maple-sugar, honey and rice-sugar may be tolerated in small amounts).

PROCESSED FOODS:

Preservatives and artificial colours: AVOID all CHEMICALS as much as possible. These include: Insecticides, solvents, perfumes, petrochemicals, paints, varnishes etc.

ALTERNATIVE FLOURS

These are: Rice flour, yellow-pea flour(besan), soy flour, buckwheat flour, potato flour, lentil flour, tapioca flour, and arrowroot. A mix of these flours can be used to make pancakes, pikelets, scones, biscuits and, (for really good cooks) even damper.

PANCAKE RECIPE: This can be used as a bread replacement.

Flour mix: Rice -2 Tblsp, potato -2t, besan -1t, buckwheat/Soy-1t. Add pectin -2 tsp, baking powder -1 tsp, 1 egg, melted butter, and pureed fruit. Blend with water to a thin batter and fry as pancakes or pikelets.

MEAL PLANNING FOR A LOW-ALLERGY DIET

You should plan your meals in advance as it is difficult to organise a low-allergy meal on the spur-of-the-moment.

BREAKFAST:

1.. Try a peasoup made with meatbones and added vegetables. Serve with rice. 2.. Meat stew or casserole served with rice. 3.. Bubble and Squeak: Vegetables and chicken fried with egg (useful for leftovers). 4.. Meat rissoles or fishcakes made with potato and vegetables.

LUNCH:

1.. Chicken and salad with rice or potato. Use a salad dressing or egg-yolk/oil mayonnaise.

- 2.. Meat rissoles or fishcakes made with potato and served with a rice salad.
- 3.. Chicken and pork satays served with rice and a salad.

DINNER:

- 1.. Seafood or poultry.
- 2.. Serve with vegetables and starches.

NOTE 1: If you are allergic to any of the foods listed as OK, then these foods must ALSO be avoided. Please check with your health care practitioner.

NOTE 2: If you break the diet ... ENJOY it ! DO NOT agonise over it or make yourself feel guilty. DO OBSERVE, however, whether or not any reactions occur.

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