

# Elimination Diet

**Mrs. Mayani Chaodhary**

Department of Home Science {Food & Nutrition  
Assistant Professor (UGC NET), Methodist Girls P.G. College,  
Roorkee, Haridwar, India

**Abstract-***The Elimination Diet is used for food allergies, including wheat, milk, peanuts, egg, soy, tree nuts, shellfish and others. Adverse reactions to food have been noted for over 2,000 years. Since the turn of the century, the medical literature has shown an increased in food reactions. It is believed that six to eight percent children develop food allergies within the first three years of life. Most children outgrow these allergies. In adults, the prevalence is estimated to be one to five percent.*

*Diagnosis of food allergies is difficult due to varied diagnostic criteria. However, once a food allergy is diagnosed the main principle of dietary management is avoidance of the food that contains the proteins that cause the clinical symptoms.*

**Keywords-**Food allergies, Elimination Diet, Clinical symptom, Diagnostic criteria, Dietary management principle.

## I. INTRODUCTION

Diets have been around for a long time and are here to stay. Although it is impossible to determine exactly when or where diet modifications began, advice has been available for a very long time from a variety of sources and for a range of reasons. The present study shows that Eating limitations and prescriptions originated for different purposes – from fasting for religious rituals to the eliminations of various adverse reactions of food like food allergies.

### How does it work?

Eight foods are thought to account for more than ninety percent of all food allergies. These include eggs, milk, wheat, peanuts, soy, tree nuts, shellfish and others. An elimination diet is the only way to combat a food allergy. The principle is that if the offending food is removed from the diet, the food-induced illness will be resolved.

Elimination diets, followed by the return of suspected foods to the diet, should be applied only in situations where allergy symptoms are not life threatening.

Care must be taken that the suspected foods are not inadvertently consumed while hidden in other foods. People

with allergies need nutrition counseling to help them know what to look for on food labels.

### Weigh this up.....

Simply avoiding the food that causes the reaction is not as simple as it sounds. For example, egg protein may be called albumin, egg white, egg yolk, globulin, ovalbumin, ovomucin, ovovitelin, simplese, livetin, or lecithin on a food label. Even egg substitutes often contain egg proteins.

### Pros and Cons

The elimination diet is effective in preventing food allergy symptoms. The disadvantage is that, depending on how many food allergies the person has, the diet can be very restrictive and could result in nutrient deficiencies. Learning the names of all possible food ingredients for each allergy, and obtaining ingredients lists for restaurant foods, may be difficult.

### Is it for you?

This is suitable for people who have been diagnosed with specific food allergies and those with gastrointestinal disorders who want to track down the foods that contribute to the symptoms.

The diet can be very restrictive, so caution should be exercised to eliminate the foods that contribute to symptoms.

### Availability

Depending on the allergy, the diet foods are readily available but some must be ordered from specific producers or specialty suppliers.

### Lifestyle changes

None. This diet specifically addresses food restrictions to alleviate symptoms.

**Sample menu**  
(One-day samples for each of the common allergies)

<b>ALLERY</b>	<b>MORNING</b>	<b>LUNCH</b>	<b>SUPPER</b>	<b>SNACK 1</b>	<b>SNACK 2</b>
<b>Egg allergy</b>	1 cup juice, 1 cup oatmeal, 1 slice whole wheat bread, 1 cup 1% fat milk	Baked potato with shredded cheese, sliced tomatoes, 1 cup strawberries	1 cup mashed potato, ½ cup broccoli, lettuce salad, 1 slice bread	1 cup plain low-fat yogurt	1 orange
<b>Milk allergy</b>	Calcium-fortified orange juice, 1 cup cereal, 1 cup soy milk, 1 slice toast	1 cup lettuce or tomato salad, 1 slice wheat bread, 1 cup broccoli, fresh fruits, 1 cup chicken veg-soup	Baked potato, spinach salad, 1 tbsp oil & vinegar dressing, 1 cup mixed fruit	½ cup unsalted almonds	1 cup yogurt
<b>Wheat allergy</b>	Calcium-fortified orange juice, scrambled eggs, gluten-free waffles	2 slices gluten-free rice bread, cheese slice, lettuce or tomato, baby carrots, red grapes	3 oz salmon with lemon, sweet potato, broccoli with vinegar dressing	1 oz plain almond, 1 apple	1 cup plain yogurt, ½ cup strawberries
<b>Peanut allergy</b>	Bread, 1 cup yogurt, peach, ½ cup juice	2 slices bread, 1 slice cheese, lettuce or tomato, 1 cup carrot sticks	3 oz chicken, Spanish rice, 1 cup green peas, 1 cup milk	¼ cup dried apricots	1 cup milk
<b>Soy allergy</b>	1 cup frosted shredded wheat, banana, 1 cup milk, raisin bagel, 1 cup juice	2 slices bread, cucumber or tomato salad, ½ cup cottage cheese, 1 cup pineapple	Baked potato, sour cream, 1 cup collard green, roll, peach	Fruit	½ cup yogurt, 1 tbsp sunflower seeds

**REFERENCES**

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