

# Hypoallergenic Dietary Guidelines

## Food Guidelines

Eat organic fruits & vegetables if possible. Make sure you wash them thoroughly to remove pesticides & contaminants, use soap or hydrogen peroxide.

Be sure to read labels thoroughly to find added ingredients.

### *Vegetables*

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> <li>▪ all fresh vegetables (try to incorporate onions, carrots, beets, leeks, celery, cauliflower, brussel sprouts, cabbage, green beans, broccoli, asparagus, leafy greens – kale, mustard greens, turnip greens, bok choy)</li> <li>▪ try sprouting, esp. mung bean, alfalfa &amp; red clover as they help with detoxification</li> </ul>	<ul style="list-style-type: none"> <li>▪ nightshades (tomatoes, potatoes, eggplant, peppers, cayenne, paprika), corn, mushrooms</li> </ul> <p><i>Common vegetable allergens. Frozen, canned or jarred vegetables.</i></p>

*Can be eaten raw, steamed or baked, no frying.*

### *Fruits*

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> <li>▪ all fresh fruits</li> <li>▪ fruit sauces (applesauce, apple blackberry, apple cherry) w/ no added sugar (Santa Cruz)</li> </ul>	<ul style="list-style-type: none"> <li>▪ bananas, citrus (oranges, grapefruit), dried fruit</li> </ul>

*Eat fruit by itself: ½ hour before or 2 hours after a meal, unless using in fruit smoothie.*

### *Grains*

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> <li>▪ brown rice, millet, buckwheat, quinoa, tapioca, amaranth</li> </ul> <p><i>You can also eat cereals made from these grains.</i></p> <ul style="list-style-type: none"> <li>▪ brown rice pasta</li> </ul>	<ul style="list-style-type: none"> <li>▪ all gluten-containing grains (wheat, rye, oats, barley, spelt, kamut) commonly found in breads, pasta &amp; other products from refined flour</li> </ul> <p><i>Most common allergies are caused by this group of foods – by avoiding these foods for a few weeks it gives your body a chance to relax, you may not even know you have an allergy to these foods because the symptoms may be so subtle.</i></p>

*\*see additional handout on cooking guidelines*

### *Legumes*

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> <li>▪ all legumes (adzuki bean, navy, black, etc.)</li> <li>▪ all peas (fresh/ split/ snap)</li> <li>▪ lentils</li> </ul>	<ul style="list-style-type: none"> <li>▪ soy beans &amp; soy products (tofu, soy milk, soy sauce, tempeh, TVP)</li> </ul> <p><i>Soy is another common allergen.</i></p>

*\*see additional handout on cooking guidelines*

### *Nuts & Seeds*

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> <li>▪ almonds, sesame seeds, cashews, brazil nuts, hazelnuts, pecans, pumpkin seeds, sunflower seeds, walnuts</li> </ul>	<ul style="list-style-type: none"> <li>▪ high fat nuts (eg. peanuts)</li> </ul>

*Can be eaten raw & unsalted, not roasted.*

### Animal Products

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> <li>▪ free-range chicken &amp; turkey</li> <li>▪ organic lamb, wild game</li> <li>▪ wild deep water fish (salmon, halibut, cod, mackerel, sardines); please note that most canned fish is farmed, check label</li> <li>▪ rice milk sour cream</li> </ul>	<ul style="list-style-type: none"> <li>▪ red meats (beef, pork, bacon), sandwich meats, hotdogs, sausage, canned meats, shell-fish, catfish</li> </ul> <p><i>Meats are typically high in estrogens, antibiotics and other ingredients utilized in processing.</i></p> <ul style="list-style-type: none"> <li>▪ dairy (milk, cheese, butter, yogurt)</li> <li>▪ eggs</li> </ul> <p><i>Dairy products are also among the most likely to cause allergies.</i></p>

### Condiments

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> <li>▪ oils: only olive &amp; flax oil</li> <li>▪ all herbs (eg. parsley, coriander, garlic, ginger)</li> <li>▪ all spices (eg. curry, fennel, cayenne, basil, cinnamon, clove)</li> <li>▪ spreads: tahini paste; nut butters (eg. almond, hazelnut, sesame, sunflower, cashew), apple butter (Eden Organic), bean dips (eg. hummus)</li> <li>▪ sauces: pesto, mustard w/ no additives</li> <li>▪ apple cider/ brown rice vinegar, fresh lemon juice (not concentrated)</li> <li>▪ sweeteners: stevia</li> </ul>	<ul style="list-style-type: none"> <li>▪ salt</li> <li>▪ refined oils, margarine, shortening</li> <li>▪ all sweeteners (corn/brown rice/maple syrups, molasses, brown/ white sugar, etc.)</li> </ul> <p><i>This includes desserts &amp; all processed foods high in sugars.</i></p>

*Don't heat flax oil, instead mix into cooked porridge, drizzle over salad/ steamed vegetables/ grains, and/or add to fruit smoothie.*

### Beverages

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> <li>▪ filtered water, LOTS!</li> <li>▪ 100% fruit &amp; vegetable juices</li> <li>▪ herbal teas: rooibos (like black tea), try Bija teas (nice combinations), peppermint, chamomile, licorice root, passion flower, dandelion, milk thistle (the latter 2 teas are excellent liver detoxifiers, try 1 cup/day)</li> <li>▪ green tea</li> <li>▪ rice milk (Rice Dream, Pacific) &amp; nut milks (Breeze, Pacific)</li> </ul>	<ul style="list-style-type: none"> <li>▪ caffeinated beverages (coffee, black tea, soda)</li> <li>▪ alcohol</li> <li>▪ dairy (milk &amp; other dairy products)</li> <li>▪ soy milk</li> <li>▪ all fruit drinks high in refined sugars</li> <li>▪ all vegetable drinks high in salt</li> </ul>

*Try warm water w/ a ¼ squeezed lemon in the water, it aid digestion and liver detoxification.*

*Drink liquids ½ hour before or 1 hour after eating or it will dilute the enzymes in the stomach needed to properly digest the food.*

## Meal Suggestions

### *Breakfast*

Breakfast may include combinations of approved grains, meats, and fruits, here are a few ideas...

1. buckwheat/ millet/ brown rice (Bob's Red Mill Creamy Rice Farina) porridge w/ cinnamon & apples/ pears & almonds & rice/ almond milk
  - add fruit, nuts & spice to porridge while its cooking; makes fruit & nuts more digestible and adds flavour
  - I like to mix buckwheat & millet together!
2. fruit smoothie, blend together the following...
  - 1 cup rice/almond milk
  - 1 cup of fruit (berries, pears, mango)
  - 1 tbsp flax oil
  - 1/2 tbsp tahini
  - few almonds
3. buckwheat flakes (Arrowhead)/ rice flakes (Arrowhead)/ rice crisps (Barbara's)/ nutty rice (Pacific Grain Products) cereal w/ rice or nut milk
4. wheat-free/gluten-free plain or blueberry waffles (Waffle Heaven)/ Buckwheat waffles (Lifestream)

### *Lunch & Dinner*

Lunch and dinner may include approved organic chicken & turkey, wild game, fish, grains, legumes, cooked or raw vegetables, soups, and salads.

### *Snacks*

Rice crackers w/ nut butter, tahini mixed w/ miso paste & vegetable topping (sprouts, cucumber, cooked beans), avocado

Rice cakes

Fruit

Raw vegetables (carrot & celery sticks)

Handful of nuts

Chips: Sweet potato, Taro chips, vegetable *Occasionally!*