

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"> ▪ 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) ▪ try sprouting, esp. mung bean, alfalfa & red clover as they help with detoxification 	<ul style="list-style-type: none"> ▪ nightshades (tomatoes, potatoes, eggplant, peppers, cayenne, paprika), corn, mushrooms <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"> ▪ all fresh fruits ▪ fruit sauces (applesauce, apple blackberry, apple cherry) w/ no added sugar (Santa Cruz) 	<ul style="list-style-type: none"> ▪ bananas, citrus (oranges, grapefruit), dried fruit

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"> ▪ brown rice, millet, buckwheat, quinoa, tapioca, amaranth <p><i>You can also eat cereals made from these grains.</i></p> <ul style="list-style-type: none"> ▪ brown rice pasta 	<ul style="list-style-type: none"> ▪ all gluten-containing grains (wheat, rye, oats, barley, spelt, kamut) commonly found in breads, pasta & other products from refined flour <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"> ▪ all legumes (adzuki bean, navy, black, etc.) ▪ all peas (fresh/ split/ snap) ▪ lentils 	<ul style="list-style-type: none"> ▪ soy beans & soy products (tofu, soy milk, soy sauce, tempeh, TVP) <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"> ▪ almonds, sesame seeds, cashews, brazil nuts, hazelnuts, pecans, pumpkin seeds, sunflower seeds, walnuts 	<ul style="list-style-type: none"> ▪ high fat nuts (eg. peanuts)

Can be eaten raw & unsalted, not roasted.

Animal Products

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> ▪ free-range chicken & turkey ▪ organic lamb, wild game ▪ wild deep water fish (salmon, halibut, cod, mackerel, sardines); please note that most canned fish is farmed, check label ▪ rice milk sour cream 	<ul style="list-style-type: none"> ▪ red meats (beef, pork, bacon), sandwich meats, hotdogs, sausage, canned meats, shell-fish, catfish <p><i>Meats are typically high in estrogens, antibiotics and other ingredients utilized in processing.</i></p> <ul style="list-style-type: none"> ▪ dairy (milk, cheese, butter, yogurt) ▪ eggs <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"> ▪ oils: only olive & flax oil ▪ all herbs (eg. parsley, coriander, garlic, ginger) ▪ all spices (eg. curry, fennel, cayenne, basil, cinnamon, clove) ▪ spreads: tahini paste; nut butters (eg. almond, hazelnut, sesame, sunflower, cashew), apple butter (Eden Organic), bean dips (eg. hummus) ▪ sauces: pesto, mustard w/ no additives ▪ apple cider/ brown rice vinegar, fresh lemon juice (not concentrated) ▪ sweeteners: stevia 	<ul style="list-style-type: none"> ▪ salt ▪ refined oils, margarine, shortening ▪ all sweeteners (corn/brown rice/maple syrups, molasses, brown/ white sugar, etc.) <p><i>This includes desserts & 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"> ▪ filtered water, LOTS! ▪ 100% fruit & vegetable juices ▪ 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) ▪ green tea ▪ rice milk (Rice Dream, Pacific) & nut milks (Breeze, Pacific) 	<ul style="list-style-type: none"> ▪ caffeinated beverages (coffee, black tea, soda) ▪ alcohol ▪ dairy (milk & other dairy products) ▪ soy milk ▪ all fruit drinks high in refined sugars ▪ all vegetable drinks high in salt

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 beats), avocado

Rice cakes

Fruit

Raw vegetables (carrot & celery sticks)

Handful of nuts

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