



Allergy Elimination Diet

source: Kevin J. Kelly MD

Philadelphia, Pennsylvania

CALCIUM

Calcium plays a vital role in bone formation in children and adolescents. For all individuals calcium is essential for nerve conduction, muscle contraction, blood clotting and membrane permeability.

WHO NEEDS HOW MUCH?

- R.D.A. based on age:
- 0 - 6 months : 400 mg/day
- 7 - 12 months: 600 mg/day
- 1 - 10 years: 800 mg/day
- 11 - 24 years: 800 mg/day
- pregnant and lactating: 1200 mg/day

WHAT ARE SOME DIETARY SOURCES? Dairy products are the highest sources of calcium. Other sources of calcium must be sought when dairy products are eliminated from one's diet. Calcium exists naturally in:

- kale, frozen : 180 mg / cup
- kale, raw : 94 mg / cup
- broccoli , frozen : 94 mg / cup
- broccoli , raw : 72 mg / cup
- spinach , raw : 56 mg / cup

In addition to the sources where calcium is found naturally, many commercially available products are calcium fortified. Read the label to determine how much calcium is in one serving. The amount of calcium is usually expressed as a percentage of the U.S.R.D.A. Fortified products containing substantial amounts of calcium include: Minute Maid Calcium Fortified Orange Juice, 200 mg/6 fluid ounces Gerber Graduate Juices, 200 mg/6 fluid ounces Sunny Delight Calcium Orange Drink, 250 mg/6 fluid ounces Total Cereal, 200 mg/1 ounce If dietary sources do not add up to meet recommended needs then a calcium supplement is necessary.

WHAT ARE SOME CALCIUM SUPPLEMENTS?

- Tums Regular: 200 mg/tablet
- Tums EX: 300 mg/tablet
- Rolaids: 260 mg/tablet
- Os-Cal 500 D: 500 mg/tablet
- Available by prescription are:
- Neocalglucon: 345 mg/Teaspoon
- Calci-Mix: 500 mg/capsule, which may be sprinkled on food / drink

MILK FREE DIET

Avoid foods that contain any of the following ingredients:

- artificial butter flavor
- butter, butter fat, buttermilk
- casein
- caseinates (ammonia, calcium, magnesium, potassium, sodium)
- cheese
- cottage cheese
- curds
- custard
- half and half
- hydrolysates (casein, milk protein, protein, whey, whey protein)
- lactalbumin, lactalbumin phosphate
- lactoglobulin
- lactose
- milk (derivative, protein, solids, malted, condensed, evaporated, dry, whole, low fat, non fat, skim)
- nougat
- pudding
- rennet casein
- sour cream, sour cream solids
- sour milk solids
- whey (delactosed, demineralized, protein concentrate)
- yogurt

Ingredients that MAY indicate the presence of milk protein:

- brown sugar flavoring
- caramel flavoring
- chocolate
- high protein flour
- margarine
- natural flavoring
- Simplese A "D" on a product label next to a "K" or circled "U" may indicate the presence of milk protein.

EGG FREE DIET

Avoid foods that contain any of these ingredients:

- albumin
- egg (white, yolk, dried, powdered, solids)
- egg substitutes

- eggnog
- globulin
- lysozyme (used in Europe)
- mayonnaise
- meringue
- ovalbumin
- ovomucin
- ovomucoid
- ovovitellin
- Simpleese

Note: A shiny glaze or yellow baked good usually indicates the presence of egg.

SOY FREE DIET

Avoid foods that contain any of the following ingredients:

- miso
- shoyu sauce
- soy (flour, grits, nuts, milk, sprouts)
- soybean (granules, curd)
- y protein (concentrate, isolate)
- y sauce
- textured vegetable protein (TVP)
- tofu Ingredients that MAY indicate the presence of soy protein:
- flavorings
- hydrolyzed plant protein
- hydrolyzed soy protein
- hydrolyzed vegetable protein
- atural flavoring
- egetable broth
- vegetable gum
- vegetable starch Studies show that most soy allergic individuals may safely eat products containing soy lecithin and soy oil.

WHEAT FREE DIET

Avoid foods that contain any of these ingredients:

- bread crumbs
- bran
- cereal extract
- acker meal
- enriched flour
- farina
- gluten
- high gluten flour
- high protein flour
- vital gluten
- wheat bran
- wheat gluten
- wheat starch
- whole wheat flour Ingredients that MAY indicate the presence of wheat protein:
- gelatinized starch

- hydrolyzed vegetable protein
- modified food starch
- modified starch
- natural flavoring
- soy sauce
- starch
- vegetable gum
- vegetable starch

PEANUT FREE DIET

Avoid foods that contain any of these ingredients:

- cold pressed peanut oil
- ground nuts
- mixed nut
- Nu-Nuts artificial nuts
- peanut
- peanut butter
- peanut flour Foods and ingredients that MAY indicate presence of peanut protein:
- African, Chinese, Thai and other ethnic dishes
- baked goods (pastries, cookies, etc..)
- candy
- chili
- chocolate (candy, candy bars)
- egg rolls
- hydrolyzed plant protein
- hydrolyzed vegetable protein
- marzipan
- nougat

Studies show that most allergic individuals can safely eat foods containing peanut oil (NOT COLD PRESSED PEANUT OIL). Peanuts are very allergenic and can cause a life threatening anaphylactic (general body) reaction.

TREE NUT FREE DIET

Avoid foods that contain nuts or any of these ingredients:

- almonds
- brazil nuts
- cashews
- chestnuts
- filberts / hazelnuts
- gianduja (a creamy mixture of chocolate and chopped toasted nuts found in premium or imported chocolates)
- hickory nuts
- macadamia nuts
- marzipan / almond paste
- nougat
- Nu-Nuts artificial nuts
- nut butters, i.e. cashew butter
- nut oil
- nut paste, i.e. almond paste
- pecans

- pine nuts (pinyon nuts)
- pistachios
- walnuts

Nu-Nuts artificial nuts are peanuts that have been deflavored and reflavored with a nut like pecan or walnut. Filberts are hazelnuts. Avoid natural extracts such as pure almond extracts, and natural wintergreen extract (for filbert/hazelnut sensitive). Use imitation or artificial flavored extracts.

Copyright © 1997. All rights reserved.® Revised 4/99

This handout may be copied and distributed without further permission, on the condition that it is not used in any context in which the WHO code on the marketing of breastmilk substitutes is violated.