



# Food Intolerance Handbook

Volume 1

Diagnostic  
Elimination Diet

Royal Prince Alfred Hospital

**HEALTH PROFESSIONAL  
CONTACT DETAILS**

**DIETITIAN:**

Phone: .....

Fax: .....

Email: .....

Address: .....

**DOCTOR:**

Phone: .....

Fax: .....

Email: .....

Address: .....



# Food Intolerance Handbook

## Volume 1

### Diagnostic Elimination Diet

© Anne Swain, Velencia Soutter, Robert Loblay  
Allergy Unit, Royal Prince Alfred Hospital

[www.slhd.nsw.gov.au/rpa/allergy](http://www.slhd.nsw.gov.au/rpa/allergy)

# Contents

<b>Introduction</b>	<b>1</b>
Food Intolerance	2
Natural food chemicals	3
Chemical concentration, ripening & flavour	4
Food additives	5
Organic foods	5
Food intolerance reactions	6
Testing for intolerances	8
<b>Allergies &amp; other adverse food reactions</b>	<b>9</b>
Food allergies	10
Food allergy reactions	10
Testing for food allergy	11
Tick-related red meat allergies	11
Oral allergy syndrome	11
Wheat & gluten-related reactions	12
IgE-mediated wheat allergy	12
Wheat-dependant exercise-induced anaphylaxis	12
Coeliac disease	13
Non-coeliac gluten intolerance	13
Other adverse food reactions	14
Eosinophilic oesophagitis	14
Food protein enteropathy	16
Cultivating your microbiome	17
Gut microbes	17
Fibre & fermentation	18
Fermentable sugars	19
Lactose intolerance	19
Fuctose & FODMAP sugars	20
Prebiotics & probiotics	21
Popular diets	22
Misleading tests	22
<b>Testing for intolerances</b>	<b>23</b>
Using this handbook	25
Choosing the approach that suits you best	26
Do you have gastrointestinal symptoms?	27
My diagnostic elimination diet	28
<b>Diagnostic elimination diet</b>	<b>29</b>
Getting started	31
Keep a daily food & symptom diary	32
Medications to avoid	33
Using the food chemical charts	34
Ranking food by chemical content	35
Using the guidelines	36
Reading food labels	37
Additives to avoid	38
Moderating your elimination diet	40
If your baby diet sensitive?	41
What to do if you're not improving	42





# Contents



<b>Food chemical charts</b>	<b>43</b>
Fruits	44
Vegetables	46
Meat	48
Seafood	50
Eggs	52
Legumes	54
Nuts & seeds	56
Baking aids, herbs, spices & condiments	58
Fats & oils	60
Jams, sugars, syrups & sweets	62
Drinks & milk alternatives	64
Gluten-free cereals, grains & flours	66
Gluten-free breads, pastas & noodles	68
Gluten-free crackers, biscuits, cakes & snacks	70
Gluten & oats	72
<b>Gluten-containing foods</b>	<b>73</b>
Gluten-containing cereals, grains & flours	74
Gluten-containing breads, pastas & noodles	76
Gluten-containing crackers, biscuits, cakes & snacks	78
<b>Lactose content of some common foods</b>	<b>80</b>
<b>Dairy foods</b>	<b>81</b>
<b>Soy</b>	<b>85</b>
<b>Good nutrition</b>	<b>89</b>
Maintaining good nutrition	90
Pregnancy & breastfeeding	92
Calcium & vitamin D	93
Iron & vitamin A	94
Folic acid, iodine & vitamin C	95
Recommended daily intake for girls	96
Recommended daily intake for boys	97
Recommended daily intake for women	98
Recommended daily intake for men	99
<b>Menu planning</b>	<b>101</b>
<b>Nutritional supplements</b>	<b>109</b>
<b>Toiletries &amp; personal care products</b>	<b>113</b>
<b>Medications</b>	<b>117</b>
<b>Home environment</b>	<b>123</b>
<b>Workbook</b>	<b>129</b>
<b>Elimination diet shopping list</b>	<b>133</b>
<b>Food index</b>	<b>141</b>