

Allergy Unit, Royal Prince Alfred Hospital

9-11 Layton Street, Camperdown, NSW 2050

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RPAH Elimination Diet Handbook (V1.1)

February, 2011

Please note:

Additions or Changes to the charts are made in black

Deletions are underlined

PAGE	SECTION	LOW	MODERATE	HIGH	VERY HIGH	PRODUCTS GUIDELINES/HINTS EASY RECIPES
34	FRUIT		S Nashi pear (peeled, ripe)		S Dried apple, apricot, peach	
34	FRUIT				A Dried banana, pawpaw	
34	FRUIT				SA Dried currants, dates, figs, mango	
34	FRUIT				SAG Dried prunes, raisins, sultanas	
34	FRUIT				S strawberry	
36	VEGETABLES		G Peas green		S Ginger	
36	VEGETABLES		S Peas snow, sugar snap		SAG Nori	
38	MEAT	Rabbit				
42	EGGS		<u>Egg whites</u>			
49	CONDIMENTS & BAKING AIDS					Choko Chutney
51	OILS & MARGARINES					Nuttelex (Original, Kosher, Lite)
53	SUGARS & SWEETS					<u>Smashi lollies</u>
55	DRINKS & MILK ALTERNATIVES					Quick & Easy Dairy Free Ice cream/Sorbet
55	DRINKS & MILK ALTERNATIVES					<u>Mototo Frozen Dessert</u>
60	GLUTEN-FREE GRAINS & FLOURS	RICE White & brown rice Arborio Short, medium, long grain, calrose, White glutinous rice				

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PAGE	SECTION	LOW	MODERATE	HIGH	VERY HIGH	PRODUCTS GUIDELINES/HINTS EASY RECIPES
84	DAIRY FOODS	Fresh yogurt Plain, natural, vanilla flavour				
84	DAIRY FOODS	Sour cream				
84	DAIRY FOODS			Halloumi		
85	DAIRY FOODS					Skimmed Cottage Cheese Bead Foods Pty Ltd
85	DAIRY FOODS					Fresh yoghurt Natural, Greek Ski Vanilla crème Liddells Plain Lactose Free
96	RECOMMENDED DAILY INTAKE - INFANTS AND CHILDREN					CHILDREN 3-7 years 2 Pieces of FRUIT
98	RECOMMENDED DAILY INTAKE - PREGNANT					PREGNANT 3 glasses of milk
98	RECOMMENDED DAILY INTAKE – BREAST FEEDING					BREAST FEEDING 3 glasses of milk
99	RECOMMENDED DAILY INTAKE - PREGNANT					PREGNANT 3 glasses of milk
99	RECOMMENDED DAILY INTAKE – BREAST FEEDING					BREAST FEEDING 3 glasses of milk
110	NUTRITIONAL SUPPLEMENTS					Ostelin Vitamin D & Calcium Sanofi-Aventis (600mg calcium & 500 IU vitamin D ₃)
110	NUTRITIONAL SUPPLEMENTS					FABCAL 1-2-3 (400mg)
110	NUTRITIONAL SUPPLEMENTS					OsteVit-D Key Pharmaceuticals (1000IU vitamin D ₃)