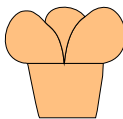


Food Allergies Patient:

Bread or Starch Group:

Breakfast: Lunch: Supper: Snack:

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May have: wheat flour tortillas, thickeners, wheat, potato or rice flours, beet or rice flour, cane or beet sugar, honey or maple syrup, cream of tartar or baking soda, molasses, sorghum, potato starch, coconut, olive, sunflower, safflower oils

May have: wheat-free bread and crackers, rice cakes, special breads, certain cold cereals (corn, barley, rice), oatmeal or cream of rice, corn pastas, bean threads (oriental), rice, corn tortillas, popcorn, wheat-free cereal crumbs for breading, thickeners, cornstarch, rice, flour, tapioca flours rye, rice or potato

Fruit Group: Fresh Fruit is Best!!!

Breakfast: Lunch: Supper: Snack:

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May have all fruits except citrus fruits -any fruits with sections-oranges, lemons, limes, grapefruit, any fruit with sections

Milk Group: (No Milk-whey)

Breakfast: Lunch: Supper: Snack:

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(Casein, caseinate, lactalbumin, sodium caseinate, lactose, nonfat milk solids, milk solids, cream, calcium caseinate-cheese, cream cheese, cottage cheese, buttermilk, half & half, sour cream, ice cream, yogurt, creamed soups, sauces, baked goods made with milk, some nondairy products, candy-creams and milk chocolate), custards and puddings, butter and many margarines May have-Mocha mix, goat's milk, Coffee Rich, milk free baked goods (French Bread), nut milk, coconut milk, kosher margarine, supplement for calcium and Vitamin D

Food Allergy Diet- used when the immune system reacts to a diet and causes hives or asthma. AVOID-yeast, caffeine, dairy foods, cereals, chocolate

Vegetable Group: Eat ALL You Want!!!

Breakfast: Lunch: Supper: Snack:

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All vegetables allowed unless an allergic reaction.

Meat Group:

Breakfast: Lunch: Supper: Snack:

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May have: egg-free baked goods, spaghetti, rice some egg substitutes (read labels carefully)egg free baking powder, corn starch, potato starch, unflavored gelatin

Restrict Beef: (Shortening, lard, gelatin), soups, bouillon, beef gravies and sauces, hotdogs, cold cuts-may have pure vegetable shortening, turkey, soy or chicken hotdogs

Fat Group:

Breakfast: Lunch: Supper: Snack:

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No Pork: (Shortening or lard in bacon, sausage, hotdogs, baked beans, soups with pork). May have chicken, turkey, all beef hotdogs, cold cuts, vegetarian baked beans, pure vegetable shortening **Common Food**

Allergies: Chocolate, Milk, Eggs, Shellfish, Nuts, Wheat, Peanuts, Soybeans, legumes, seeds, sulfites, tartrazine-may also trigger migraine headache
*Symptoms of a delayed food reaction tend to be low grade, chronic, recurrent and are associated with multiple organ system involvement as: 1-CNS (Central Nervous System)-concentrating and alertness in alertness, mood and behavior, headache, vertigo, light-headedness, memory loss 2-Dermal-angiodema, eczematoid dermatitis, urticaria 3-GI (Gastrointestinal)-bloating, cramping, colic, diarrhea distension, emesis, gas, nausea 4-Respiratory-asthma, otitis media, nasal congestion, rhinitis, sinusitis

***Elimination diets** are the best way to combat food allergy or sensitivity. 60 to 90 days reintroduce and then avoid 45 more days if a reaction *Talk with your Physician, or a RD to make the necessary diet changes. *See FFF Registered Dietitian on line for help with your meal planning and if questions about food labels or any other questions.

*Bakers' asthma when breathe in flour dust or particles and causes wheezing, can eat grains without any distress.

No Chocolate: (Cocoa, Cocoa Butter), or candy baked goods. May have Carob Products, Nut/coconut milk, olive/safflower oils, chick peas, garbanzo beans.