PART 1

How Do You Do The First Part Of The Diet?

During the first week, most meats, fruits and vegetables can be eaten. (The "allowed" foods are listed below.) Keep detailed records in a food diary of exactly what is eaten. Most patients who are going to respond favorably to the diet, do so about the sixth or seventh day. Some may begin to improve as early as the second, or as late as the fourteenth day.

If your child is better in a week or less, begin Part 2 of the diet on the eighth day. Improvement noted on day two may greatly increase by day seven. The object is to see the maximum amount of improvement which can be noted during the first seven days.

If you want to help your entire family, urge everyone to try the diet at the same time. Typically, several family members will note improvement in how they feel or act when this is done.

If your child is not better within a week, re-check the diet records for the initial week of the diet. Were only the allowed foods eaten? If your child repeatedly forgot and ate the wrong foods or drank the wrong beverages, the item which was not deleted or omitted from the diet may be at fault. Try the Part 1 of the diet again, but this time try much harder to adhere strictly to the diet. This fast, inexpensive method of food allergy detection can sometimes provide relief of many chronic medical complaints.

Occasionally, a person is worse during Part 1 of the diet. If this happens, immediately stop the diet. A frequent cause is that the patient has begun to eat an excessive amount of an unsuspected offending food. A child who substitutes apple or grape juice for milk, for example, may act or behave much worse, if apple or grape juice is the cause of these symptoms. Retry Part 1 of the diet, but stop the food which you think made your child worse. You may have already found one answer.

Rarely, a child who was not helped during the first week will dramatically improve with a more prolonged diet. In other words, continue Part 1 of the diet for two weeks, not one week. If Part 1 of the diet is tried and has not helped by the fourteenth day, this particular diet is probably not the answer for your child or your family. The medical problems are not related to foods or are possibly due to other frequently eaten or craved food items; i.e., mushrooms, cinnamon, coffee, tea, etc.

If an infection occurs during the diet, stop the diet until your child is well. It is too difficult to interpret the results if it is continued.

During Part 1 of the diet, the following foods are omitted in all forms:

- Milk and dairy products (yogurt, cheese, ice cream, casein),
- Wheat (bread, cake, cookies, baked foods),
- Eggs,
- Corn,
- Sugar,
- Chocolate (cocoa or cola),
- Peanuts (peanut butter),
- Citrus (orange, lemon, lime, grapefruit),
- Food coloring,
- Food additives and preservatives.
- No luncheon meats, sausage, ham or bacon are allowed.

If there is some question about a specific food, do not eat it.

Part 1 of Multiple Food Elimination Diet

READ ALL LABELS FIRST

<table>
<thead>
<tr>
<th>ALLOWED CEREALS</th>
<th>FORBIDDEN CEREALS</th>
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</thead>
<tbody>
<tr>
<td>Rice-Rice Puffs Only</td>
<td>Foods containing wheat flour (most cakes, bread, cookies, baked goods)</td>
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<tr>
<td>Oats-Oatmeal made with honey</td>
<td>Corn</td>
</tr>
<tr>
<td>Barley</td>
<td>Cereal mixtures (Granola)</td>
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</tbody>
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| FRUITS | |
|-------------------|
| Any fresh fruit, except citrus | Fresh frozen or canned Citrus (orange, lemon, lime, grapefruit) |
| Canned (if in their own juice and without artificial color, sugar, or preservatives) | |

| VEGETABLES | |
|-------------------|
| Any fresh vegetables except corn and peas | Fresh or frozen or canned Corn |
| French Fries (homemade) | Mixed vegetables |
| Potatoes | Peas |

| MEATS | |
|-------------------|
| Chicken or turkey (non-basted) | Luncheon meats, weiners |
| Louis Rich ground turkey | Bacon |
| Veal or beef | Artificially colored meat or hamburger |
| Pork | Ham |
| Lamb | Dyed salmon, lobster |
| Fish, tuna | Breaded meats |
| | Meats with stuffing |
ALLOWED

BEVERAGES (cont.)
- Single herb or other tea with honey
- Water
- Grape juice, bottled (Welch's)
- Frozen apple juice (Lincoln or pure apple)
- Colorless diet cream soda
- Pure pineapple juice

SNACKS
- Potato chips (no additives)
- Rykrisp crackers and pure honey
- Raisins (unsulfured)

MISCELLANEOUS
- Pure honey
- Homemade vinegar and oil dressing
- Sea salt
- Pepper
- Saccharin or artificial sweetener
- Homemade soup

FORBIDDEN

BEVERAGES (cont.)
- Milk or any type of dairy drink with casein or whey
- Fruit beverages except those so specified
- Kool-Aid
- Coffee Rich (yellow dye)
- 7-Up, Squirt, Teem, Cola, Dr. Pepper, Ginger Ale

SNACKS
- Corn chips--Fritos
- Chocolate or anything with cocoa
- Hard Candy
- Ice cream or sherbet

MISCELLANEOUS
- Sugar
- Eggs
- Dried (colored) vitamins, pills, mouthwash, toothpaste, medicines, cough syrups, etc.
- Jelly or jam
- Jell-O
- Margarine or diet spreads (dyes and corn)
- Peanuts (peanut butter)
- Sorbitol (corn)
- Cheese

Part 2 of Multiple Food Elimination Diet

How Do You Do The Second Part Of The Diet?

During Part 2 of the diet, one food is reintroduced into the diet, in excess, each day. Keep detailed records of how your child feels each day. Start with a teaspoon or 1/2 cup of the test food item and double the amount eaten every few hours, so that by the end of the day at least a normal amount has been ingested. Do any symptoms suddenly reappear? If there are no undesirable symptoms during the day, during the night, or the next morning before breakfast, the food tested the day before is probably all right and may be eaten whenever desired. If the test food causes symptoms, stop eating it in all forms until you can secure the advice of your physician. Do not give your child another test food until the symptoms from the previous food test have subsided. Usually a parent will notice that symptoms are caused by a food within one hour. Rarely symptoms from a food are delayed for several hours. If Alka-Seltzer Gold Antacid Formula without aspirin (gold foil) or Alka-Aid from the health food store, or the usual allergy medications are taken, your child's symptoms will often subside before the next test food is due to be added to the diet. If concerned, check with the doctor or nearest hospital.

ADD
- Milk
- Wheat
- Sugar
- Egg
- Cocoa

DAY
- Day 8
- Day 9
- Day 10
- Day 11
- Day 12

Day 8 The day you add milk, give your child lots of milk, cottage cheese and whipped cream sweetened with saccharin, sucaryl or honey. No butter, margarine or yellow cheese unless you are absolutely certain they contain NO yellow dyes.

Day 9 The day you add wheat, add plain soda crackers or wheat cereal. If your child had trouble from milk, be sure NOT to give milk products. Use Italian bread or kosher bread because these should not contain milk (casein or whey), but always read labels to be sure. Remember, the patient can eat no dairy products or drink any milk if he seemed worse in any way on the milk day. If milk caused no problem, milk products may be eaten.

Day 10 The day you add sugar, give your child sugar cubes to eat and add granulated sugar to the allowed foods. If milk or wheat caused trouble, they must be avoided or you cannot tell if sugar is tolerated. Many children react within one hour after four to eight sugar cubes.

Day 11 The day you add egg, give your child eggs in usual forms, cooked or as eggnog. Give custard. Remember, again, no wheat, milk, or sugar can be consumed if any of these caused problems.

Day 12 The day you add cocoa, give your child dark chocolate and cocoa. Only if your child had no trouble with sugar and milk can you give milk chocolate. You can make hot chocolate with water, cocoa (pure Hershey's cocoa powder) and honey or an artificial sweetener. No candy bars are allowed because most contain corn. Remember, no milk, wheat, sugar, dyes or eggs are allowed if any of these caused symptoms.

Remember: If one of the listed foods causes a reaction which is not helped by Alka-Seltzer Gold and which lasts for over 24 hours, Do not try to see the response to another possible problem food until the reaction has entirely subsided. Watch closely to see what happens each day. One food might cause a stuffy nose, the next no reaction at all, the next a bellyache. Some reactions occur immediately, others in several hours. If a food obviously causes symptoms, it should not be eaten. If you are uncertain whether a food causes symptoms, discontinue it until the other foods have been checked. Then give your child the suspected food every five days, for example, on Tuesday and Saturday, and see if symptoms recur each time it is eaten.

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