

Food Allergy Investigation - STAGE 3

We are now going to test major basic foods, many of which are common allergens. As these foods are very basic to our diet, it is very important that we test them carefully by doing a maximum of only 2 foods per day.

Since WHEAT and CORN are absorbed rather slowly and frequently have a rather muted and delayed response, these are tested for 2 full days each.

	<u>Morning</u>	<u>Evening</u>
Day 1	Eggs	Potatoes
Days 2 & 3	Wheat - Test either as pure Shredded Wheat or Whole Wheat Spaghetti eaten in every meal for the next 2 days (or until such time as a reaction occurs). Often a reaction will not occur until mid or late in the second day.	
Day 4	If <u>both</u> the WHEAT test (above) and the YEAST test (done in Stage 2) are satisfactory, you should now test Wholemeal Bread (from a local fresh bakery) at every meal for 1 full day.	
Day 5	Fresh Ground Coffee	Dry White Wine - <u>but only if there was no reaction to GRAPE or YEAST.</u>
Day 6	Cane Sugar (i.e. Jamaican, Trinidad or other West Indian Demerara sugar, such as Muscovado). Take 2 teaspoons at each meal for 1 full day.	
Day 7	Orange (<u>not</u> orange juice)	Black Pepper
Day 8	Beet Sugar (i.e. Silver Spoon British Sugar Company) <i>[A sample can be obtained from the clinic]</i>	Bacon (<u>unsmoked</u>) - <u>but only if there was no reaction to pork.</u> Check that there is no sugar in the bacon.
Days 9 & 10	Corn The test material is CORN ON THE COB (fresh or frozen) and GLUCOSE. (For the latter, use glucose powder (with or without Vit. C) or Dextrose, which is always made from corn and is called 'corn sugar' in the USA). Start each meal with corn on the cob and finish each meal with 2 teaspoons of glucose powder. Take at all 3 meals for the next 2 days (or until such time as a reaction occurs).	
Day 11	Lemon	Peanuts (obtained loose from health food shops - <u>not the packet variety</u>)
Day 12	Cheddar Cheese	Mushrooms