

Food Allergy Investigation - STAGE 4

DAY 1

White Bread - (Test at breakfast and lunch)

Do not test if allergic to wheat, corn or yeast

Garlic

DAY 2

Grapefruit

Peas – fresh or frozen (check no sugar or mint added)

Dates (natural dates obtained from a Health Food store)

DAY 3

Cucumber

Celery

Cauliflower

DAYS 4 & 5

Rye - Use Ryvita (the pale original variety only)

Take some Ryvita at every meal for 2 full days (or until such time as a reaction occurs)

DAY 6

Tuna Fish - fresh/frozen or tinned in brine

* **Rhubarb**

* **Honey** (a natural honey)

DAY 7

* **Instant Coffee - (test with Nescafe Gold Blend as many other instant coffees contain corn)** This is a chemical test.

Do not test if allergic to fresh ground coffee

Asparagus

Brie cheese (or Camembert)

DAY 8

Sardines - fresh or tinned

Lentils

Tinned carrots Do not test if allergic to carrots

Check that the tin contains no sugar (on label).

This is a test for the phenolic resin lining of the tin – this resin is used when tinning brightly coloured fruit or vegetables

DAYS 9 & 10

Oats - (test with natural porridge oats and/or Nairn's oat biscuits)

Take some oats at every meal for 2 full days (or until such time as a reaction occurs)

FOOD ALLERGY INVESTIGATION STAGE 4 contd

DAY 11

- * **Monosodium Glutamate** – sprinkle lightly on a food that you are already including in your diet
This is a flavour enhancer used in Chinese food and in many readymade meals and sauces. It can be obtained in pure form from Chinese and some other supermarkets. *[A sample can be obtained from the clinic]*
- * **Prawns or Shrimps**
- * **Brussels sprouts**

DAY 12

- * **Saccharin tablets/drops** - **Sweetex tablets or drops**
(hidden constituent of many soft drinks, etc.)
- * **Leeks**
- * **Almonds**

DAY 13

Malt extract (obtainable from Boots)
Take 2 teaspoons at each meal for 1 full day
Do not test if allergic to wheat

DAY 14

Mixed Herbs
Green or Red Pepper
Raisins -
Do not test if allergic to grapes
This is in effect a test for Sulphur Dioxide which is often blown over fruit in the drying process.

DAY 15

Chocolate - (most chocolate contains wheat, corn and sugar)
Do not test if allergic to wheat, corn and sugar

- * Please note that items marked with an asterisk are unrelated to other items and can be interchanged as long as the spacing between other foods is undisturbed.

This is the end of the standard daily food investigation.

At the end of Stage 4 you have assessed 65-70 different food items, which accounts for at least 95% of what most people eat.

If there are any foods/fruits etc., which you have not tested and which you would like to include in your diet you can now test them individually. Also, if you now want to include a product which contains one or two foods that you have not tested, you can try this product as a test on its own and observe any reaction.

Food dyes, emulsifiers, etc., have not been assessed, but when standard foods have been evaluated, reactions to such chemicals are usually fairly obvious.

Complicated foods such as Bovril, Marmite, jams, confectionery, sauces and alcoholic beverages are mostly mixtures of items already tested. Lists of multiple foods containing items such as corn, wheat, yeast, milk, eggs and soya beans can be obtained from the clinic. There is also a sheet on the possible contents of some alcoholic beverages.