

## Most Common Food Allergies

### Foods to Avoid:

- Any food that you know you are allergic to
- Dairy (milk, cheese, yogurt, butter)
- Eggs
- Margarine and shortening
- Foods prepared with gluten-containing cereals like wheat, oats, rye, barley (normally found in breads and pasta)
- Tomatoes and tomato sauce
- Peanuts and peanut butter
- Corn
- Alcohol
- Caffeine (coffee, black tea, sodas)
- Soy products (soybeans, tofu, soymilk)
- Beef
- Pork
- Cold cuts
- Bacon
- Hotdogs
- Canned meat
- Sausage
- Shellfish

### Foods to Eat:

- Water, herb tea, green tea, fruit juice (no sugar added), vegetable juices
- Grain foods from rice, millet, quinoa, buckwheat, or tapioca
- Fresh vegetables and fruit, and beans
- Fish
- Moderate amounts of lamb, turkey, chicken
- Olive oil, canola oil and flax seed oil

Stay on a diet using the *Foods to Eat* list and avoiding the *Foods to Avoid* list above for six to eight weeks. During this time your body will gradually detoxify those foods which you are sensitive to. You may have times when you will feel the effects of detoxification (fatigue, rash, difficulty in focus, etc) but this will gradually clear as you actually gain more energy.

### Challenge Back Foods

Challenge back the foods one at a time. To do this, eat the particular food at each of your three meals for **one day**. Return back to your “good” diet for the next 3 days. If you develop **any** symptoms (runny nose, rash, bloating, fogginess, fatigue, etc), you are probably sensitive to that food and you cannot eat it. If no symptoms appear, then that food can be added to your “good” diet and you can proceed to challenging another food from the list.