



Understanding Your Food Allergy Results for FoodSafe Allergy Test

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Rotation Diet

If you have multiple food allergies, one of the best ways to help yourself is to eat the foods to which you're allergic on a rotation diet. A rotation diet is a system of controlling food allergy symptoms by eating biologically related foods to which you're sensitive on the same day then waiting at least four days before eating them again.

What is a Rotation Diet?



A rotation diet is divided into 4 days. Foods that you know you are allergic to or are listed on your results as “avoid” should not be included in the rotation diet menu.

Begin on day 1 then continue through day 4. After day 4, you start the process over again at day 1 of the diet menu, and so on.

Implementing the rotation diet will ensure that no one food is eaten more than once over the 4-day period, preventing reactions or development of new food allergies.

Benefits

- Prevents and sometimes corrects digestive complaints.
- Provides a variety of healthy foods for diversity and balance of needed nutrients.
- Unmasks hidden food allergies.
- Allows the immune system to repair itself by minimizing adverse food reactions and preventing cumulative effects.

Elimination Guidelines

- Severely allergic foods should be eliminated for a period of 8-12 weeks.
- Once the elimination period has ended, each food should be introduced one at a time, waiting at least 4 days before introducing the next food.
- Create a diet diary including the foods that you re-introduce and the reactions or symptoms that occur after eating the food.
- If the challenged food does not trigger symptoms within 4 days after eating it, add the food to the list of foods to be eaten on the rotation diet. If symptoms do occur, eliminate the food and try to introduce it again in 8-12 weeks.
- Foods that fall into the “moderate” reaction category may be eaten once every 4 days in the rotation diet.

Keys to Success



Your rotation diet will be most effective in helping you manage food sensitivities if you follow these healthful guidelines:

- Eliminate or at least reduce toxic chemicals from your foods, since these may cause more problems for sensitive individuals than the foods themselves.
- Use fewer packaged foods, with all their preservatives and additives, and use more fresh or frozen fruits, vegetables, proteins, and whole grains or beans.
- Purchase organically grown foods (food grown without the use of toxic pesticides and other chemicals) whenever available and financially feasible. Wash non-organic fruits or vegetables in a solution of sodium bicarbonate or some nontoxic cleanser (i.e. Basic H, Granny Green, or Grapefruit Seed Extract) to remove surface sprays and waxes.
- Eliminate white sugar and refined flour products and use more natural sweeteners. Stevia and lo han are best; honey, and molasses, should be used in limited quantities. Whole grains are always preferable to white flour!
- Eliminate hydrogenated margarines and trans fatty acids. Use cold-pressed oils or butter. Margarine increases atherosclerosis and coronary artery disease, despite its lack of cholesterol.
- Keep a natural balance in the diet as much as possible, with adequate fiber, complex carbohydrates, protein, and mineral-rich vegetables and fruits.
- Cook with stainless steel, glass or enameled ceramic cookware instead of aluminum, Teflon, or chemically treated

Substitutions for Food Allergens

Milk

- Soy products: cheese, cream cheese, ice cream, milk, and sour cream
- Rice products: cheese, ice cream, milk, and yogurt
- Hemp products: cheese and milk
- Almond products: cheese and milk
- Hazelnut products: milk and oat milk
- Coconut products: ice cream, milk, and yogurt

Wheat/Gluten

- Grains and breads: amaranth, corn, millet, oat, and rice
- Pastas: corn, rice, and quinoa
- Flours: corn, garbanzo, potato, rice, tapioca, and teff

Egg

- For baking: ENER G egg replacement powder, flaxseed powder, yogurt, gelatin, applesauce, or banana
- As binders in loaves and casseroles: nut butters, pureed vegetables, tofu, and oats

Corn

- Grains: amaranth, millet, oat, rice, spelt, and wheat
- Thickeners: arrowroot powder, flour, kuzu, and potato starch

Alternative Names for Common Food Allergens

Milk

- Butter, artificial butter flavor
- Buttermilk, buttermilk solids
- Casein, casinate, sodium casinate
- Cheese
- Cream, sour cream, whipping cream
- Lactose, lactalbumin
- Milk, milk solids
- Whey
- Yogurt, kefir

Wheat

- Bulgur, farina
- Flour, enriched flour, bleached or unbleached flour
- Graham flour, durum flour
- Pasta
- Seitan
- Semolina
- Wheat, hard wheat, red wheat, cracked wheat
- Wheat germ, Wheat berries

Egg

- Albumin, globulin, livetin
- Egg protein, white, yolk
- Ovalbumin, ovomucoid, ovomucin
- Ovovitellin, vitellin

Soy

- Hydrolyzed vegetable protein
- Soybean oil
- Soybeans (edamame), soy nuts
- Soy flour
- Soy lecithin
- Soy protein isolate
- Soy sauce, Miso
- Textured vegetable protein
- Tofu, tempeh, soy milk

Corn

- Baking Powder
- Corn syrup
- Cornmeal, polenta
- Glucose syrup
- Hominy



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