

Elimination diet – Strict and Moderate

A test diet to investigate food chemical hypersensitivity - (strict and moderate restriction levels)

Food chemical hypersensitivity and the elimination diet

Food is generally one of life's great pleasures. Unfortunately, however, for some people, particular chemicals found in some foods can trigger unpleasant, distressing or even dangerous symptoms.

The elimination diet outlined in this booklet is a short-term test diet, followed for 3 to 6 weeks, to find out if your symptoms are caused by food chemicals. It excludes or reduces all the food chemicals that are the most common cause of problems. If you improve on this diet, a series of food challenges can then be done to work out which specific chemicals you react to, and you can then confidently add "safe" foods back into your diet.

Possible symptoms of food chemical hypersensitivity

The large range of symptoms caused by food chemical sensitivity includes:

- Skin symptoms: skin swelling (angio-oedema), eczema, recurrent hives (urticaria), and other rashes
- Nervous system symptoms: migraine or other headaches, hyperactivity or behaviour disturbances, irritability and mood changes, problems with thinking, restless legs
- Gut symptoms: chronic mouth ulcers, sore throat, reflux, nausea, Irritable Bowel Syndrome
- Respiratory system symptoms: sinus problems, nasal polyps, wheeze, chronic cough
- Miscellaneous symptoms: joint and muscle pain, fatigue

What food chemicals are excluded?

The elimination diet excludes or reduces the following additives and natural chemicals.

Salicylate

This occurs naturally in many fruits & vegetables, herbs & spices, tea, peppermint and honey. They are also frequently found in perfumes, toothpaste and medications (aspirin).

Amines

These occur naturally in a diverse range of foods including chocolate, cheese, wine, beer, liver, yeast extracts, dried and tinned fish, bananas, citrus fruit, pineapple, avocados, broad beans, tomatoes and fermented products.

Glutamates

These occur naturally in tomatoes, mushrooms, grapes, strong cheeses, vegemite, meat extracts, soy sauce and wines. MSG and other flavour enhancers may be added to stock cubes /powders, soups, sauces, Chinese food and snack foods.

Preservatives

This diet excludes benzoates and sorbates (used in many drinks, dips, dairy products, dried fruit & margarines), sulphites (in dried fruits, wine, juice & cordials, pickles and processed meats), propionates (bread & other baked goods) & nitrites (processed meats)

Anti-oxidants

Found in oils, margarine and high fat or fried foods

Artificial colours

These are used in a wide range of processed foods

Annatto (code 160b)

This natural yellow food colour is used in some margarines, dairy products, Asian noodles and oven-bake chips

Most added flavours

These occur in a very wide range of processed foods.

Elimination diet guidelines

Level of restriction

There are two different levels of restriction outlined in this booklet. Discuss which level is appropriate for you with your doctor or dietitian.

The strict level

The “strict approach” will generally give the best results for people who are highly sensitive, with distressing symptoms that interfere with day to day life. It only allows foods that are very low in irritant food chemicals.

The moderate level

The “moderate approach” allows some extra foods and is a little easier to follow. It may be suitable in providing relief for those who have less severe or frequent symptoms. If you take this approach, and find that your symptoms are not changing after 3 weeks, you should consider switching to the strict approach for a few more weeks.

Do you also need to exclude wheat, milk, soy or egg?

Some people will also need to exclude, foods that contain gluten (wheat, rye and barley), milk products and/or occasionally other foods such as soy or eggs. This may be because of allergy to these foods, coeliac disease, or other gut conditions associated with lactose or fructose/ fructans malabsorption, for example. Discuss this with your doctor or dietitian.

How long to follow the elimination diet

The elimination diet should be followed strictly for at least 3 to 6 weeks. If and when symptoms have settled down and you've had 5 good days in a row, you are ready to start test food challenges, as advised by your dietitian.

For most people, if no improvement occurs after 4 to 6 weeks on the strict elimination diet, continued restriction is unlikely to be helpful, and you should gradually return to a normal diet.

Occasionally, however, it may be worth excluding milk and/or wheat for a while, if you haven't already done so. In very rare cases, extremely sensitive people will need a far more restrictive diet than the “strict” level outlined in this booklet. This should only be done under careful guidance from a dietitian with a lot of experience in this field.

Getting prepared

You may want to take a few days or weeks to plan and prepare. Check out the list of allowed foods, and go shopping for them. Check out food products you have at home, to see if they are suitable. Look through the appropriate recipe books i.e. “Friendly Food” and “The Failsafe Cookbook”, and select and try some recipes that appeal. Plan some daily menus in advance. If you're unsure of anything, contact your dietitian for advice.

A very useful resource is the “RPAH Elimination Diet Handbook with food and shopping guide”, written by the dietitians in the Allergy Unit at Sydney's Royal Prince Alfred Hospital. See back page for more information about resources.

Record keeping

It can be useful to keep a record to refer back to. This should include:

- Foods and drinks consumed each day
- Symptoms, and how severe they are eg. mild, moderate or severe
- Any medications taken to relieve symptoms
- Other factors that affect symptoms eg. illness, stress, chemical exposure

Withdrawal Symptoms

Some people experience “withdrawal symptoms” during the first week or two on the elimination diet. Symptoms may temporarily flare-up, but generally settle after a while. A flare-up may only last a brief few days, or can last a week or more. Don’t give up at this stage! A withdrawal reaction usually indicates that you do have underlying sensitivities, and symptoms should improve if you persist.

You may also become more sensitive to fumes and odours, especially from cigarette smoke, petroleum products, paints, perfumes, pressure-pack products and strong-smelling cleaning agents. Try to limit your exposure to these during the elimination diet and challenge period.

Medications

Avoid any non-essential medication (consult your doctor if uncertain).

All aspirin-containing drugs should be avoided (aspirin is a similar chemical to salicylate). Panadol and/or codeine preparations are suitable for treating headaches or for pain relief. If you have been prescribed aspirin as a blood thinning medication, the Royal Prince Alfred Hospital Allergy Unit recommends talking to your doctor about switching to Clopidogrel.

If you take any essential medications which are coloured, ask the pharmacist if there are suitable uncoloured alternatives. If not, check if it is ok to wash off any surface colour from tablets. It may be OK to open capsules and just take the powder (perhaps mixed with golden syrup) – check with your pharmacist. Syrups and liquid medications often contain preservatives, flavours or colours.

Refer to the medication list listed later in this booklet for more information.

Maintaining good nutrition

The elimination diet restricts quite a number of foods, so it is important to be aware of maintaining good nutrition. As much as possible, eat enough foods from all the food groups needed for a balanced diet. Refer to the Australian Guide to Healthy Eating for more information about a balanced diet (see further reading list on the back page).

People on the strict level of the elimination diet may want to take a multivitamin and mineral supplement if they find it hard to eat enough from all basic food groups. Vitamin A intake can be low if you can’t eat many green vegetables, eggs or fortified margarine. If you are excluding milk products, you need to consume at least 2 cups of calcium-fortified soy or rice drink per day, or take a calcium supplement.

Vitamin and mineral supplements

You need to be careful about your choice of any nutrition supplements. In particular, avoid supplements that contain:

- Preservatives
- PABA
- Colours or flavours
- Herbs, bioflavonoids, rutin, kelp or hesperidin

Recommended supplements include:

- Children’s multivitamins and minerals: Paediatric Seravit or Orthoplex Children’s Formula
- Adult’s multivitamins and minerals: Amcal One-a-Day, Amcal, Blackmores, Cenovis and Nature’s Own Multivitamin and Minerals, Vitaminorum, Myadec capsules and Blackmore’s Sustained Release Multivitamin
- Pregnancy supplements: Elevit and FABFOL plus
- Calcium: Caltrate (plain), Herron Calcium Plus with Magnesium, Golden Glow Calcium and Magnesium Chelate, OsteoVit D & Calcium or FABCAL 1-2-3.

Elimination diet food list

Use only those foods listed as allowed, unless checked with your dietitian. Unlisted foods may not have been tested for chemical content.

When brand names are mentioned, you still need to check the label for suitability, as product formulations can change. Listed brand names are only correct at the time of writing.

Meat, Poultry, Fish, Eggs, Legumes – At least one to two serves per day	
Allowed	Avoid
<p>Strict or moderate diet Fresh chicken (no skin) Fresh lamb, beef, veal</p> <p>Fresh white fish</p> <p>Fresh calamari, scallops, oysters, mussels Fresh crab and lobster Eggs Tofu - plain, soft Dried beans and lentils eg. kidney beans, chick peas, soybeans, 3 bean mix, red and green lentils, split peas (except broad beans)</p> <p>Moderate diet only Duck Fresh salmon, fresh tuna Tofu - plain, firm</p> <p>Notes: Fish, especially, needs to be very fresh. Use meat the day you buy it, or freeze and eat within 4 weeks. If you have IBS, and are not used to eating legumes, don't eat too many to begin with, as they tend to increase wind and may upset you.</p>	<p>Turkey, chicken skin and fat Game meats eg. kangaroo, emu, venison Pork, ham, bacon Well browned or charcoaled meat Offal eg. liver, kidneys, brain, tripe Aged meats, corned beef Sausages, pies Processed meat eg., salami, fritz etc Frozen, dried, smoked or pickled fish Tinned fish Other seafood eg. prawns Fish products eg. fish fingers, crab sticks Marinated meat, poultry or fish Tempeh, marinated tofu, TVP Broad beans, tinned beans with sauces, falafel, hummous</p> <p>Notes: Amines increase as meat ages, and with browning or charring. Avoid meat that has been "cryovaccated" (in vacuum packs), as it can be several weeks old) or ask your butcher how "fresh" it is.</p>

Milk products and alternatives – At least 2 or 3 serves per day	
Allowed	Avoid
<p>Strict or moderate diet <u>Milk-based (if allowed)</u> Plain milk (fresh, long-life, canned, powder) - use low lactose versions if necessary Buttermilk Goat or sheep milk Sustagen and Ensure supplements - vanilla Fresh cheeses (cottage, ricotta, quark, mascarpone and cream cheese) - plain</p> <p>Cream Icecream - vanilla, with no artificial colours or annatto (160b) e.g. Peter's Original, Sarah Lee French Vanilla</p> <p><u>Soy-based (if allowed)</u> Soy drinks* - plain, vanilla, carob Soy custard - plain or vanilla Soy yoghurt - plain, vanilla, carob</p> <p><u>Other</u> Rice drink</p> <p>Moderate diet only Yoghurt - plain or vanilla without colours or preservatives Sour cream Bocconcini cheese</p> <p>Notes: *some brands of soy drink contain gluten</p>	<p>Flavoured milk</p> <p>Cottage, ricotta cheese or cream cheese in tubs with preservative Hard cheese, cheddar, Camembert, Brie etc Artificial cream Icecream - coloured or flavoured Icecream with nuts or fruit</p> <p>Soy drinks with linseed or cold pressed oil, cane juice or raw sugar Flavoured or coloured soy drinks, other than those listed Soy yoghurts or icecreams with artificial colours, annatto (160b) or preservatives</p> <p>Yoghurt - fruit-flavoured Yoghurt near its "best before" date that has developed a stronger taste & smell Yoghurt with artificial colours or annatto (160b), or preservatives</p>

Vegetables – At least 2 to 2 ½ cups per day

Allowed	Avoid
<p>Strict or moderate diet Bamboo shoots Beans (butter, French, snake, string) Brussels sprouts* Cabbage* (red, green, savoy, Chinese) Celery Choko (chayote) Leeks* Lettuce (Iceberg) - discard dark outer leaves Mung bean sprouts Potato (large white) - thickly peeled Swede Garlic*, shallots*, chives* Dried beans and lentils*</p> <p>Moderate diet only Up to 3 - 4 serves per day from the following: Asparagus* Beetroot Bok choy* Carrot Cucumber - peeled Lettuce (cos, coral, mignonette, oak) Marrow, squash, zucchini - peeled Parsnip Peas (green, snow peas, sugar snap peas) Potato (blue, new, pink, purple, red, yellow) Pumpkin (butternut) Sweet potato, kumara Turnip</p> <p>Note: * Some people with IBS or other bowel symptoms may need to limit foods marked with an asterisk.</p>	<p>All other vegetables Dried beans with preservative Sauerkraut (fermented cabbage)</p> <p>Instant mashed potato, commercial potato chips, oven-bake chips or wedges</p> <p>Broad beans</p> <p>Beetroot - tinned</p> <p>Cucumber with peel</p> <p>Zucchini with peel</p> <p>Snow pea sprouts</p> <p>Pumpkin (grey, Kent, Jap)</p> <p>Notes: Salicylates have a natural preservative action, and tend to be concentrated near the surface of vegetables. Potato products coated with oils may contain antioxidants not listed on the label.</p>

Fruit – 1 or 2 serves if tolerated	
Allowed	Avoid
<p>Strict or moderate diet Pear* - very ripe and peeled Pears* - canned in light syrup (check generic brands in supermarkets)</p> <p>Moderate diet only Golden or red delicious apple*, very ripe and peeled Loquat Pear* - firm and peeled Pears* - canned in juice, drained Nashi pear* Banana – just ripe</p> <p>Notes: On strict diet, limit pears to 2 per day. On moderate diet, limit fruit to 2 to 3 serves per day. Salicylate tends to be concentrated near the surface of fruits. Salicylate levels are higher in unripe fruit, and decrease with ripening. * Some people with IBS or other bowel symptoms may need to limit foods marked with an asterisk.</p>	<p>All other fruits (fresh, tinned or dried) Fruit juice (including pear)</p>
Nuts and seeds	
<p>Strict or moderate diet Cashews, raw or very lightly roasted (up to 10 per day) Poppy seeds</p> <p>Moderate diet only Cashews, roasted (up to 10 per day) Cashew paste (up to 2 tsp per day) Coconut, fresh</p>	<p>All other nuts and seeds Peanut paste, other nut pastes Tahini (sesame seed paste) Coconut, dessicated or shredded Coconut milk and cream</p>

Grain products, breads and cereals – At least 5 serves per day

Allowed	Avoid
<p><u>From non-gluten grains</u></p> <p>Strict or moderate diet Rice (white, brown) Rice flakes, rice bran, puffed rice Rice noodles, rice vermicelli, rice pasta Rice flour, ground rice, rice paper Amaranth (flour, flakes, puffed, grain) Arrowroot flour Bean thread noodles Buckwheat (flour, cereal, puffed, noodles) Millet (flour, meal, flakes, puffed, pasta) Psyllium husks Quinoa (flour, flakes, puffed, grain, pasta) Sago Sorghum (flour, grain) Tapioca Gluten-free breads - unpreserved, no maize flour Rice crackers - plain Rice cakes - plain, millet or buckwheat</p> <p>Moderate diet only Rice (Basmati, Jasmine, wild) Gluten-free sourdough bread Gluten-free bread with some maize flour</p> <p>Note: Some gluten-free fours are preserved with sulphite. Most disappears in the cooking process.</p>	<p>Corn, polenta, cornmeal, corn / maize pasta Gluten-free cereals that contain dried fruit, honey, nuts or seeds, cocoa or colours and flavours Baby rice cereals with antioxidants or rosemary</p> <p>Gluten-free breads that contain preservative, dried fruit, nuts, cheese, meat or vinegar Rice crackers - flavoured Rice cakes with corn, sesame or sunflower Corn thins</p> <p>Note: Avoid any gluten-free products that contain preservatives, antioxidants, added flavours or flavour enhancers or colours.</p>

Allowed	Avoid
<p><u>From gluten-containing grains (if allowed)</u></p> <p>Strict or moderate diet Barley (flour, flakes, pearl) Oats (oatbran, oatmeal, rolled oats) Rye (flour, flakes, crispbread) Wheat, kamut, spelt, triticale Couscous, semolina, cracked wheat Wheat bran, wheat germ Wheat flour (plain, SR), wheaten “cornflour” Plain pasta eg. spaghetti, macaroni</p> <p>Home baked bread from allowed ingredients, or Laucke’s bread mixes</p> <p>Plain unpreserved commercial breads* and rolls* eg. Brumby’s and Baker’s Delight Mountain bread Local bakeries may have suitable breads</p> <p>Breakfast cereals: All Bran, Bran Flakes, Guardian, Oats, Puffed Wheat, Rice bubbles, Special K, Vitabrits, Weetbix, Weeties</p> <p>Plain homemade cakes and biscuits, using allowed ingredients</p> <p>Some commercial vanilla or sponge cake mixes with allowed ingredients*</p> <p>Some plain commercial biscuits* eg. Sweet: milk coffee and arrowroot, Lattice, Marie, Nice, Scotch finger, shortbreads, Shredded wheatmeal Savoury: Cruskits, Jatz, Ryvita, Sao, Salada, Saltines, Vitawheat and water crackers</p> <p>Some pancake mixes* eg. Greens - original, low fat and maple</p> <p>Pampas Butter Puff pastry, Lion pastry mix</p> <p>Moderate diet only Sourdough bread</p> <p>Note: *Foods marked with an asterisk may contain milk</p>	<p>Coloured pasta, canned spaghetti</p> <p>Bread containing preservative, vinegar, flour treatment agents (may contain sulphites), honey, whey powder, dried fruit, herbs or spices, corn, processed meats or cheese Crumpets, muffins (contain preservative) Breadcrumbs with preservative</p> <p>Cereals containing cocoa, honey, dried fruit, nuts, corn, artificial colours or flavours eg. muesli, Cornflakes, Nutrigrain, most mixed grain cereals, many children’s cereals</p> <p>Most commercial cakes, cake mixes and biscuits which contain chocolate, dried fruit, nuts, jam, spices, flavours, MSG, colours, preservatives and/or antioxidants</p> <p>Note: Some biscuits contain antioxidants that are not listed on the label</p>

Butter, margarine, fats and oils	
Allowed	Avoid
<p>Strict or moderate diet Margarine made from sunflower, safflower, canola, ricebran or soy oils - check there are no antioxidants, preservatives, or annatto (colour 160(b)) If you are on a milk-free diet, Nuttalex margarine is suitable Butter, ghee, cream (if milk is tolerated)</p> <p>Canola, rice bran, sunflower, safflower or soy oils without antioxidants Canola spray oil</p> <p>Moderate diet only Margarine made from olive oil Lard Corn oil, light olive oil</p> <p>Note: Margarine with natural colour 160a is OK.</p>	<p>Margarines that contain antioxidants, preservatives, colour 160(b) or flavour enhancers</p> <p>Butter blends that contain antioxidants</p> <p>Extra virgin olive, sesame, peanut, almond, and walnut oils Oils containing antioxidants Cold-pressed oils Oils infused with herbs etc Cophera, coconut cream, suet</p> <p>Note: Some butter blends may contain antioxidants which are not listed on the label.</p>
Sugar, syrups, spread	
<p>Strict or moderate diet Sugar, (white, light brown, caster, icing) Golden syrup Pure Maple syrup, rice syrup Liquid glucose Raw Cashew paste (limit to 2 tsp per day)</p> <p>Moderate diet only Nestle caramel Top'n'Fill (if milk is tolerated)</p>	<p>Raw sugar, dark brown sugar, molasses Honey, treacle Imitation maple syrup Artificial sweeteners Jams, marmalade, fruit spreads , jellies Peanut paste, other nut butters Tahini (sesame paste) Chocolate or hazelnut spreads eg. Nutella Vegemite, Promite, Marmite, Mighty Mite</p>

Herbs, spices, condiments and flavourings	
Allowed	Avoid
<p>Strict or moderate diet Garlic, fresh parsley (sprinkle only), chives, shallots, spring onion Salt (table, iodized, sea , rock) Baking powder, bicarb soda, cream of tartar Gelatine, agar agar Citric acid (for a lemon flavour) Carob powder Vanilla pods and essence (pure) Baker's yeast (small amount baked in bread)</p> <p>Moderate diet only Malt vinegar</p> <p>Notes: Salad dressing can be made from canola oil, citric acid, garlic and salt Some people do not tolerate a lot of vanilla flavour or citric acid in foods</p>	<p>Other herbs, spices, mint</p> <p>Chicken salt Mustard, pickles, vinegar Salad dressings Tomato paste, tomato sauce, etc Other sauces eg. soy, Worcestershire Meat pastes, fish pastes, Bonox, Bovril Gravies, marinades Stock liquids, cubes or powders Flavouring syrups and essences</p>
Soups	
<p>Strict or moderate diet Home made soups from allowed ingredients (eg. potato & leek or red lentil & celery)</p>	<p>Commercial soups and sauces Stock liquids, cubes and powders</p>
Snack foods	
<p>Strict or moderate diet Pappadums (dried) - plain or garlic Potato crisps (Kettle, Red Rock) - plain salted Grissini sticks* - plain (if wheat is tolerated) Pretzels* - plain (if wheat is tolerated) Roasted chick peas - plain or garlic</p> <p>Note: Other plain potato crisps without preservatives may be OK, but there have been some reports of reactions</p>	<p>Ready-to-eat pappadums Potato crisps with flavours, colours, MSG or antioxidants Corn chips Savoury shape biscuits Any snack foods with cheese, herbs, spices, flavours, flavour enhancers or colours Dried fruit, nuts Muesli bars</p>

Desserts	
Allowed	Avoid
<p>Strict or moderate diet Home made desserts from allowed ingredients, eg. steamed pudding, vanilla junket, baked egg custard, Blanc mange (milk, cornflour & sugar)</p> <p>Vanilla custard (Pauls)</p> <p>Vanilla rice cream, Le Rice Vanilla</p> <p>Peter's Original vanilla ice cream Peter's Dixie cup icecream Sara Lee honeycomb & butterscotch or classic French vanilla icecream</p> <p>Moderate diet only Plain or vanilla yoghurt (see milk section)</p> <p>Note: All these desserts contain milk</p>	<p>Commercial desserts other than those listed</p> <p>Custard powder</p> <p>Chocolate-flavoured or coloured custard snack paks</p> <p>Other ice creams or ice blocks</p> <p>Other yoghurts (see milk section)</p>
Sweets and treats	
<p>Strict or moderate diet - limit to a few small pieces per day Plain meringues Plain homemade toffees Homebrand Jersey caramels* Pascall's columbines* Allen's Milkshake lollies* Werther's original Butterscotch lollies* Marshmallows* - white only Honeycomb (made with glucose, not honey)]</p> <p>Moderate diet only Carob buttons* - plain Jelly beans - white only (avoid coconut or bubblegum flavours) Kellogg's plain LCM bars (up to one per day)</p> <p>Note: * products marked with an asterisk may contain gluten or milk</p>	<p>Chewing gum Chocolate Coloured, mint or fruit-flavoured lollies Cough or throat lozenges Liquorice</p> <p>Honeycomb coated with chocolate, or made from honey</p> <p>Flavoured carob Jelly beans - coloured</p> <p>Note: "Natural" confectionary may use natural colours, but also contain natural fruit flavours, high in salicylate (so not suitable).</p>

Drinks	
Allowed	Avoid
<p>Strict or moderate diet Water - plain, spring, mineral or soda Decaffeinated coffee</p> <p>Milk - plain (if allowed milk) Malted milk powder (if allowed milk)</p> <p>Soy drinks - plain (if allowed soy) Some flavoured soy drinks eg. vanilla, carob</p> <p>Rice drinks (plain, vanilla, carob)</p> <p>Alcohol - gin, vodka, whisky (plain)</p> <p>Moderate diet only Coffee substitutes Lemon drink - homemade (dissolve ½ -1 teaspoon of citric acid and 1 cup sugar in 1 cup hot water). This concentrate can be added to water or soda. Pear “juice” - blend a can of pears in syrup, then add water or soda Lemonade or tonic water - no preservatives eg. Schweppes in bottles</p> <p>Note: Some people do not tolerate much lemon or vanilla flavouring.</p>	<p>Flavoured waters Ordinary coffee Tea (black and green, chai) Herbal teas</p> <p>Flavoured milk Cocoa, drinking chocolate Milo, Ovaltine, Aktavite, Quik</p> <p>Soy milk with linseed or cold pressed oils, cane juice or raw sugar. Other flavoured soy drinks</p> <p>Flavoured gin, vodka or whiskey Beer, cider, rum, port, brandy, sherry, wine, liqueurs</p> <p>Cordials Fruit juices (including pear), vegetable juices</p> <p>Commercial pear juice</p> <p>Other soft drinks, ginger beer, flavoured mineral waters</p>
Medications	
<p>Discuss alternatives with your doctor or pharmacist if necessary. White tablets where possible (or you may be able to gently wash off any surface colouring) Check with your doctor if you can open coloured capsules and take the powdered contents in a spoonful of golden syrup Most creams, ointments and sprays Oral decongestants Anti-histamines Asthma medications, saline nasal sprays For pain relief - paracetamol, codeine, migraine medications, steroid medications Fibre supplements/ laxatives: Metamucil (plain), Benefiber, Normacol Plus, Duphalac, Actilax Movicol sachets have citrus flavour, but compounding chemists can make plain versions</p>	<p>All non-essential medications not prescribed by your doctor Syrups or liquids Medications that contain flavours, colours or preservatives Herbal preparations</p> <p>Preparations containing oil of wintergreen, menthol, camphor, essential oils or aromas eg. muscle balms and liniments, cough lozenges, inhalations</p> <p>Aspirin, non-steroidal anti-inflammatory drugs</p> <p>Flavoured Metamucil, prune juice or preparations containing colours or flavours</p>

Toiletries, cosmetics etc	
Allowed	Avoid
<p>Unscented soaps or soap-free washes</p> <p>Unscented shampoos and conditioners</p> <p>Unscented or fragrance-free deodorants, roll-on or stick varieties</p> <p>Unscented moisturisers or sorbolene cream</p> <p>Low irritant sunscreens or zinc cream e.g. Cancer Council, Ego low irritant, Hamilton's</p> <p>Low allergy or hypoallergenic make-up <i>may</i> be suitable, but not for very sensitive people</p> <p>Soul Pattison's plain toothpaste Compounding chemists may be able to make up a plain toothpaste for you Alternatively, brush teeth with salt & bicarb soda</p> <p>Low perfume washing powder or liquid eg. Amway, Lux, Omo Sensitive, Planet Ark</p>	<p>Soaps with added perfume, fragrance or "botanicals" eg. lavender or tea tree oils</p> <p>Scented hair-care products</p> <p>Spray deodorants, body sprays and products with fragrance</p> <p>Scented moisturisers</p> <p>Sunscreen that contains fragrance, PABA or menthol.</p> <p>There may not be any suitable products for some individuals</p> <p>Mint or other flavoured or coloured toothpaste, herbal toothpaste, mouth washes Perfumes and scented oils</p> <p>All scented washing powders or liquids, fabric softeners, spray starches</p> <p>Note: Some people need to avoid nut oils in creams, soaps and hair-care products</p>

Further reading

The Australian Guide to Healthy Eating: <http://www.health.gov.au> (type "Australian Guide to Healthy Eating" in the search box)

RPAH Elimination Diet Handbook with food shopping guide. Order from: <http://www.sswahs.nsw.gov.au/rpa/allergy>

Friendly Food (recipe book for the elimination diet). Order from <http://www.sswahs.nsw.gov.au/rpa/allergy>
Are you food sensitive? How to investigate your own diet, with dietitian Joan Breakey. Order from: <http://members.ozemail.com.au/~breakey/> or <http://www.dietinvestigation.com>

The Failsafe Cookbook (recipe book) by Sue Dengate. Available from <http://www.fedupwithfoodadditives.info/>

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