

Elimination Diets and Food Sensitivities

What is a food sensitivity?

- A food sensitivity is when a certain food or foods cause a reaction in your body. The reaction is usually in your digestive system and can lead to issues like gas, bloating, diarrhea, and stomach pain.

What is an elimination diet?

- An elimination diet helps you find out which foods you have sensitivities to. It involves removing foods that are known to cause food sensitivities and later reintroducing foods while testing for symptoms.

What does it involve?

- Elimination diets involve a few weeks of removing all possible foods that you think your body cannot handle. This is then followed by a reintroduction period, where you'll figure out which food is causing you problems.

Elimination Phase

1. Remove all possible sensitive foods from your diet for 2 weeks (see page 2 for which foods may be causing your symptoms).
2. If your symptoms get better or go away at the end of 2 weeks, it is likely that food you removed that was causing you trouble.
3. If you still have symptoms, food sensitivities most likely are not causing them.

Reintroduction Phase

1. Try adding one food at a time back into your diet over the course of 3 days.
2. If your symptoms come back, then that food is likely causing your problem.
3. If your symptoms do not come back, another food is likely causing your symptoms. You can safely eat the food you reintroduced.
4. Repeat the process with foods you think you might be sensitive to. Make sure to wait 3 days between each reintroduction to try again.

Once you finish the reintroduction phase, talk with your **CHN Nutritionist** to learn how to best avoid this food and how to keep a balanced, healthy diet that does not include the foods you are sensitive to.

Foods to eat during an elimination diet:

Your CHN nutritionist can give you ideas on what to eat. Each elimination diet will be different depending on which foods you'll be adding to and removing from your diet.

Breakfast Ideas:

- Gluten-free bread/rice cake with peanut/cashew butter and pear or apple.
- Cheerios or Rice Chex with soy/almond milk.
- Fruit milkshake using soy/rice/almond milk.
- Pancakes made with gluten-free flour.
- Cream of rice cereal with soy/almond milk and blueberries/raisins.

Lunch/Dinner Ideas:

- Chicken (unbreaded) with veggies and a baked potato with salsa on top.
- Corn tortilla wrap with hummus, ham/turkey, lettuce, and tomato.
- Bean/lentil soup with salad and gluten-free toast.
- Chef Salad with Italian dressing (no cheese, no croutons).
- Fish/shrimp with rice and veggies (no soy sauce if avoiding wheat).
- Pork chops (unbreaded) with veggies and polenta/rice/quinoa.
- When eating out, try Vietnamese Pho (made with rice noodles) or Mexican corn tortilla fajitas (no cheese or sour cream).

Snack Ideas:

- Fruit (fresh or dried)
- Carrots and hummus
- Sorbet/popsicles
- Popcorn
- Lara bars

Common symptoms of food sensitivities:



Dairy: Sinus problems, acne, gas, bloating, stomach aches, and joint pain.



Wheat/Gluten: Depression, feeling irritable, fatigue (feel very tired), gas, bloating, brain fog (trouble focusing), and weight gain.



Soy: Sinus problems, stomach aches, acne, and fatigue (feeling very tired).



Corn: Sinus problems, skin rash, and asthma.



Eggs: Asthma, and skin rash.



Citrus Fruits: Skin rash.

Talk to your CHN nutritionist if you have more questions!