

Children's Memorial Hospital Elimination Diet Guidelines
(Borrowed with permission from Sally Ritz)
Allergic Bowel Disorders

- This diet is free of milk, soy, egg, wheat, peanut/tree nut, fish/shellfish, are 6 foods most commonly associated with food allergies.
- Any or all of these restricted foods on the elimination diet may be an ingredient in many processed foods. They may be also used as preservatives or flavors.
- There is no substitute to careful reading of food labels in order to make certain that none of the six food allergens is contained in a given food.
- Ingredients in a given food can change without warning. So read labels carefully on all foods every time you shop and even for foods that you have bought before.
- Avoid buying foods from bulk bins there is highly likelihood of mislabeling the foods. There is also a high probability of cross contamination of foods sold in bulk bins.
- Foods served in a restaurant or fast food establishments may be cross contaminated with above restricted foods and thus caution should be exercised when eating out. For instance Burger King Grilled Chicken [without bun] contains soy and wheat.
- Use caution when eating out at restaurants/fast food, many foods contain hidden sources of antigens

Vitamins

Phlexy-Vits www.shsna.com Lil' Critters Gummy Vites Kids Multivitamin
Kirkman® Children's Multivitamin and Mineral Hypoallergenic Capsule www.kirkmanlabs.com
Tums® Calcium Supplement (does contain corn starch for corn allergies)

Elemental Formulas

SHS North America: 1-800-365-7354 www.shsna.com: Neocate, Neocate 1+, Neocate Jr, Pediatric EO28, Duocal, Flavor Packets: cherry vanilla, lemon lime, grapefruit

Novartis: 1-800-333-3785 www.novartis.com: Vivonex Pediatric, Vivonex Plus, flavor packets: raspberry and orange-pineapple

Ross Products: 1-800-258-7677 www.Ross.com: Elecare

Diet free of Milk, Soy, Egg, Wheat, Peanut/tree nut, & Fish/shellfish

Type of Food	Foods Allowed
Milk & Dairy	Rice Dream® (made from rice & safflower oil) coconut milk In recipes: substitute fruit or vegetable juice, homemade soup stock, potato water Instead of butter on toast, use pure jelly, jam, honey or herb flavored olive oil Fleishman's Unsalted Margarine® (sticks)
Breads & cereals	<u>Grains & flours</u> Amaranth & amaranth flour Barley & barley flour Buckwheat & buckwheat flour

	Chickpea or garbanzo flour Potato starch & flour Rye flour Wild rice & wild rice flour	Millet & millet flour Quinoa & quinoa flour Sago flour	Oats & oat flour Rice & rice flour Tapioca starch & flour
	<u>Breads & baked goods</u> Baked goods & specialty baking mixes containing allowed foods from specialty shops. Ener-G® rice, brown rice or tapioca bread Homemade baked goods with allowed foods <u>Crackers and snacks</u> Potato chips made with allowed oils, such as Cape Cod® low salt potato chips Pure rye crisp crackers Tostitos Tortilla Chips Baked Bite Size Original® <u>Cereals</u> Cream of Rice® Homemade granola with allowed grains Rolled Oats <u>Pasta</u> Brown rice pasta Mung bean pasta		
Vegetables	All plain, fresh, & frozen vegetables and their juices except: soy beans, soy bean sprouts & mixed sprouts		
Fruit	All plain, fresh & frozen fruits & their juices		
Meat & poultry	All fresh or frozen, plain meat or poultry Avoid all deli meats		
Fish & Shellfish	NONE		
Eggs	Ener-G® Egg Replacer / egg substitute recipes (see handout on cooking guidelines)		
Legumes	All plain legumes and legume dishes prepared with allowed foods, except soy and peanut		
Nuts	NONE		
Seeds	All, including sunflower, sesame, cumin, poppy, pumpkin, flax, caraway, anise		
Fats & oils	Oils: olive, soybean oil (not cold pressed, expeller pressed, or extruded oil), canola, sunflower, safflower, coconut. Meat drippings and poultry fat Tahini		
Spices & herbs	Homemade gravy made with allowed foods Lard		
	All pure fresh or dried herbs & spices		