

## **Food allergies and GFCF diet**

True food allergies are rare. They are immune related and involve IgE antibodies. Clinical manifestations are usually severe and may even be life threatening. This can be tested by skin prick test.

Chronic allergies may lead to a raised IgG in the blood. However patients may be well and not manifest any symptoms despite a high IgG level.

More often, it is the food intolerances that give us chronic symptoms such as lethargy, rash, headaches etc. this cannot be tested from blood, as it is not immune related.

It is widely believed that food allergies/ intolerances causes chronic inflammation, especially in the gut. This gives rise to a “leaky gut” condition. Also it increases the risk of candidia infection in the gut. The “leaky gut” syndrome increases the permeability of the gut, thereby allowing toxins, chemicals, and food irritants to pass into the patient’s blood stream, leading to more inflammation.

Inflammation can also occur in the brain, giving subtle but worrying conditions such as poor concentration, hyperactivity etc.

Gluten is the protein found in wheat products and casein is the milk protein.

Gluten free and casein free diets usually results in improvement in 60% of patients.

Our center has developed a 4 step healing program

**1nutritional support, what foods to avoid and eat**

**2additional supplements**

**3detoxification**

**4medication e.g. probiotics, antifungal medication if needed**

## **Foods with Both Gluten and Casein**

Artificial cream	Cookies	Pancakes
Artificial sweeteners	Croissants	Pastry
Baby foods	Doughnuts	Pates
Bagels	Dry roasted peanuts	Pies
Biscuits	Gravy	Puddings
Bread	Hot chocolate	Sandwich spreads
Breadcrumbs	Hot dogs	soups: canned
Bread rolls	Luncheon meat	Spam
Cakes	Malted milk	Vegetarian cheese
Coffee creamer	Milkshakes	
	Muffins	

## **Foods with Gluten**

Baked beans	Bouillon cubes/powder
Baking powder	Bran (except rice bran)
Barley	Bulgur wheat
Barley malt	Cereal
Barley sugar	Chicken nuggets
Bleached all-purpose flour	Couscous

Crackers  
Croutons  
Curry powder  
Durum wheat  
Enriched flour  
Flour tortillas  
Graham flour  
Ice-cream cone Ice-cream syrup  
Kamut  
Malt  
Malt extract Malt flavoring  
Malt syrup  
Malt vinegar  
Marzipan

Mincemeat  
Muesli  
Mustard powder  
Noodles Nougat  
Oat flour Oatmeal  
Oats  
Pasta  
Pearl barley  
Pita bread Pretzels  
Rice malt  
Rye  
Rye flour  
Rye semolina  
Sausages  
Semolina  
Soy sauce  
Spelt  
Stuffing mixes  
Teriyaki sauce  
Vinegar  
Waffles  
Wheat  
Wheat bran  
Wheat flour  
Wheat germ  
Wheat Malt

## **Foods with Casein**

Bavarian cream	Mayonnaise
Butter	Milk
Butterfat	Milk chocolate
Buttermilk	Milk powder
Butterscotch	Milk solids
Caseinate	Mousses
Cheese	Non-fat milk
Chocolate	Powdered milk
Condensed milk	Powdered milk
Cottage cheese	Rennet casein
Cream	Shortening
Cream cheese	Skimmed milk
Curds	Sodium caseinate
Dried milk	Sour cream
Evaporated milk	Sour cream solids
Fudge	Toffee
Goat's milk	Whey
Ice cream	Whey protein
Lactalbumin	Whey sodium caseinate
Lactalbumin phosphate	Whey sugar
Lactate acid	Whey syrup
Lactoglobulin	Whipped cream
Lemon curd	
Margarine	

## **Gluten-Free substitutes**

Rice  
Amaranth flour  
Arrowroot  
Buckwheat  
Teff  
Tapioca  
Potato starch  
Millet

## **Casein Free dairy product substitutes**

Goat's milk  
Soy milk  
Rice milk  
Oat's milk (contain gluten)  
Soy ice cream  
Sorbet, sherbet and fruit ice  
Non- dairy yogurt, cheese and sour cream

## **The Sensitive Six Most Reactive Foods**

- |                   |            |
|-------------------|------------|
| 1.Wheat.          | 4.Peanuts. |
| 2.Dairy products. | 5.Corn     |
| 3.Eggs.           | 6.Soy      |

## The Second Tier of Most Reactive Foods

- 8. Chocolate
- 9. Yeast
- 10. Various tree nuts

## The Third Tier of Most Reactive Foods

- 10. Citrus.
- 11. Tomatoes.
- 12. Aspartame/MSG
- 13. Vinegar.
- 14. Shellfish (more common in adults than kids)

## The Fourth Tier of occasionally Reactive Foods

- 15. Bacon and other pork
- 16. Cinnamon
- 17. Mustard
- 18 Bananas
- 19 Grapes and raisins
- 20 Coconuts
- 21 Onions
- 22 Berries, particularly strawberries
- 23 Peas
- 24 Celery
- 25 spices including turmeric, cloves and
- Curry
- 26 Kidney beans
- 27 Melons
- 28 Pineapples
- 29 Mushrooms
- 30 Peppers
- 31 Plums
- 32 Barley
- 33 Beef
- 34 Chickens

## Food additives to avoid

**Nitrites and nitrates.** Bacon, hot dogs, sausage, bologna.

**Sulfites.** Lettuce, dried fruits, fresh fruits and vegetables (especially in restaurants)

**Sorbic acid.** Cheese, frosting, dried fruit, dips.

**Dyes** (especially yellow dye #5). Hundreds of processed, colored foods.

**Parabens:** Jelly, soda pop, pastry. Beer, cake, salad dressing.

**Benzoic acid.** Soda pop, fruit juice, margarine. Apple cider.

**Monosodium glutamate (MSG).** Bouillon, chicken broth or flavoring and may also be present in glutamate, hydrolyzed protein, sodium caseinate, or yeast extract.

**EDTA.** Margarine, salad dressing, frozen dinners, and other processed foods.

**Aspartame.** Artificially sweetened foods

**Propyl Gallate:** frozen dinners, gravy mix, and turkey sausage

**Alginate:** ice cream, salad dressing, cheese spread, frozen dinners

**Bromates:** Baked goods, breadcrumbs, refrigerated dough

## Common reactive chemicals that can exacerbate food reactions

Petrochemicals: car exhaust, gas

Formaldehyde. New articles, including new clothing, carpets, paint, cars, or homes, hair gels, wood,

smoke

Chlorine: tap water, swimming pools, bleach, household cleaners

Phenol: perfumes and colognes, newspaper, glue, wood smoke

Ethanol: car exhaust, perfume, household cleaners, wood smoke.

Fluoride: tap water, toothpaste, fluoride treatments

Benzyl alcohol: solvents, perfume, and artificial flavors

Glycerin: makeup, soap, lotion, furniture polish.

## **Foods that stimulate growth of yeast, or contain other forms of mould or fungus**

Sugar and other sweets, including honey,  
syrup or corn syrup

Raisins

Fruit juices

Cheese

Vinegar

Ketchup

Sauerkraut

Vinegar-based salad dressing

Some barbecue sauces

Sour cream olives mustard

Capers

Tempeh

Cider

Tea (which is made from fermented leaves)

Mushrooms.

Pickles

### **The Action Plan:**

- Restrict all casein foods for 3 weeks
- Restrict all gluten foods for three months.
- Monitor children for symptoms during the restriction. Kids may feel worse at first then better. (48hrs)
- Use substitutes for foods that contain gluten and casein, such as soymilk, or rice bread.
- Reintroduce gluten and casein, after they have cleared from the system- but only if no positive changes have occurred. Look carefully for symptoms. If no symptoms occur, the foods may be eaten, either occasionally, or often as long as they don't cause problems. If positive changes have occurred, though, don't attempt this reintroduction.

## **What can I eat? Generally Non-reactive foods**

Rice

Pears.

Lamb.

Kale.

Salmon, halibut. Sole

Trout

Turkey

Olives, olive oil,

Cabbage.

Tapioca.

Beets

Cauliflower

Cranberries

Apricots

Broccoli

Sweet potato