

## LEAP FREQUENTLY ASKED QUESTIONS (F.A.Q'S)

All patients who follow the LEAP Program start at the same point - the beginning. Because many of our patients have similar questions when starting, we've organized some of the most commonly asked questions about food sensitivities, diet and nutrition, and how the LEAP diagnostic and therapeutic approach works. The questions have been divided into five categories: LEAP Treatment Program, Mediator Release Test, Food Sensitivities, Diet & Nutrition, and General Program Questions. They are listed below for easy reference. Some of the questions apply to more than one category, so they have been repeated where appropriate.

### **LEAP ImmunoCalm Dietary Program:**

- How do I get started on my program?
- How does this program work?
- How will this diet make me feel better?
- How long will it take before I notice results?
- How long do I have to stay on this diet?
- How long do I have to avoid my red and yellow reactive foods?
- What is a 3-day rotation diet and how does it work?
- What if I feel worse during this diet?
- What will happen if I eat the foods on my red list?
- Should I keep taking my prescription medicine and over-the-counter medicines?
- I eat out a lot; will I be able to stay on this program?
- What if I can't follow my diet; can I eat foods from my reactive list?
- Should I take vitamin supplements on the program?
- Why do I have food cravings; will this diet help prevent food cravings?

### **Mediator Release Test (MRT):**

- Is MRT accurate?
- What is the difference between MRT and other tests for food sensitivities?
- How does MRT work?
- How come the test shows I'm reactive to something I have never eaten?
- I know that I am allergic to a particular food but MRT said I wasn't. Why?
- How can I be reactive to this food; I eat it all the time and it's a healthy food?
- Why are milk, cottage cheese, and yogurt different in reactivity?

### **Food Sensitivities:**

- What is the difference between food allergy, food sensitivity, and food intolerance?
- Why do I have food sensitivities; how did I get them?
- How do food sensitivities cause symptoms?

### **Diet & Nutrition:**

- Should I take vitamins on the program?
- What are refined carbohydrates?
- I don't eat breakfast; is that all right?
- I only eat one meal a day; is that all right?

### **General Program Questions:**

- If I have a problem with candida, will this program help me?
- I have hypoglycemia; will this program take this into consideration?
- I am a diabetic; can I be on this program?
- Would my diet be good for other family members?

## LEAP ImmunoCalm Dietary Program

### **Q. How do I get started on my program?**

**A.** Your LEAP Report provides you with a step-by-step plan to learn what foods to eat and how to build a healthy diet that you can tolerate. The best way to start is to read and become familiar with your LEAP ImmunoCalm Dietary Program and the other resources included in your report.

Once you understand the basics of how to build a healthy diet, you will begin to develop menus based on your allowable foods. These menus will specify what you plan to eat for breakfast, lunch, dinner, snacks, and beverages. Planning ahead will help you to become more comfortable with your new way of eating. Next you can make a shopping list to purchase your allowable low-reactive foods.

Your LEAP health practitioner will help you customize your program and answer your questions.

### **Q. How does this program work?**

**A.** The LEAP ImmunoCalm Diet Program works by eliminating those foods and substances which trigger non-allergic immune system reactions, and properly combining and reintroducing a diet of your low-reactive foods. In a nutshell you can say that the LEAP Program works by designing and implementing a truly healthy diet plan for each individual patient.

### **Q. How will this diet make me feel better?**

**A.** Food sensitivities have been implicated in over 35 different health conditions and affect approximately 20-30% of the American population! These disorders and their accompanying symptoms are caused (or made worse) by the toxic chemicals, such as histamine and prostaglandins that are released when your immune system begins to react adversely to the foods you eat. By identifying and eliminating the foods and food substances which are triggering immune system reactions, you can experience a tremendous improvement in the way you feel.

Most patients report improved energy, improved digestion, loss of weight, less food cravings, less aches and pains, clearer thinking, and a better sense of well-being in a fairly short time.

### **Q. How long will it take before I notice results?**

**A.** Most patients see a noticeable difference within the first one to two weeks on the program; however, in some cases it can take as long as four to six weeks. Your particular response may vary depending on certain factors:

1. How closely you follow your LEAP eating plan. If you follow it by the letter you will have the greatest chance of success in the shortest time frame possible. If you follow it loosely or carelessly, your results will be compromised to the extent of your neglect.
2. How long-standing your condition has been. Sometimes it takes a bit more time to reverse the damage caused by years of sensitivity reactions, improper eating, and inadequate nutrition. The vast majority of our patients experience great results within two weeks to one month of following their program closely.
3. The degree to which food sensitivity plays a role in your condition. Some of our patients come to us and experience total symptom relief from their condition as long as they maintain their diet. Others will experience a decrease in symptoms but not complete remission. This is because food sensitivity can either be the direct cause OR a contributing factor to your health problem.

All of these factors will affect your progress and response to your program. However, out of all of these factors, your compliance has the highest bearing on the benefits you'll experience.

**Q. How long do I have to stay on this diet?**

**A.** The dietary management strategies used in the LEAP Program are not the same as those found in fad diets. The LEAP Program is an individually tailored dietary wellness program which can be used for your whole life. Most of our patients find that after a few weeks of sticking to their program, LEAP becomes a habit and becomes a natural part of their day-to-day living. In addition, our patients usually feel so much better they don't want to return to their old eating habits.

**Q. How long do I have to avoid my red and yellow reactive foods?**

**A.** It is important always to avoid foods that cause your immune system to react. The best way to be sure that a reactive food is safe again is to "challenge" it after a period of abstinence, usually three to six months. This should be done under the care of your healthcare provider. In some cases, it may be important to retest to see if reactions have changed, as is often the case with sensitivity reactions; but retesting is usually a matter of clinical need (i.e. you begin to feel sick frequently again, even though you are following your plan carefully).

**Q. What is a 3-day rotation diet and how does it work?**

**A.** A rotation diet is a universally accepted dietary approach to treating food sensitivities. A 3-day rotation diet limits one's exposure to foods from the same food family to once every 3 days. For example, if chicken and eggs were low-reactive foods, you would be able to eat them freely on Monday (the first day of your rotation diet), but you would not eat them again until Thursday. This limits your exposure and thus decreases the chances of developing new sensitivities.

The most commonly reactive foods (such as wheat, cow's milk, corn, egg, soy, and cane sugar) are thought to be most common because they are eaten the most frequently and in the greatest proportions of any foods. One theory, which explains this phenomenon, states that when we eat the same thing over and over again, we lose the ability to properly break down and assimilate that food. When the improperly broken down food molecule gets absorbed during digestion, our immune system recognizes that food particle as being an enemy, and begins to attack the food whenever it is eaten. This process is called "loss of oral tolerance" as we no longer "tolerate" the food we once did.

The best way to prevent new food sensitivities from arising is to limit our consumption frequency of the foods in our diet. The 3-day rotation diet accomplishes this. We recommend you start your 3-day rotation diet approximately one month AFTER you have started your elimination diet. You may not have tried all the foods listed on your rotation diet at this point, so just rotate the items you have already tried and found you tolerated.

**Q. What if I feel worse during this diet?**

**A.** Sometimes, when food sensitivity patients eliminate their reactive foods, they begin to feel temporarily worse than they did before the diet. Maybe they have less energy, more aches and pains, headaches, more irritability, or they just feel that they are getting worse instead of better. If this happens to you during your first week on the program you should actually get excited because that is one of the main signs that you are on the road to recovery.

Food sensitivity has been likened to food addiction, and physicians who treat food sensitivities have observed for years that patients often go through temporary withdrawal symptoms when they avoid their reactive foods. This is thought to be a kind of "cleaning up" of all the allergens in your system, and a simultaneous re-calibration of your biochemical equilibrium.

Withdrawal from caffeine may also cause headache, drowsiness and fatigue. Reducing your caffeine intake PRIOR to Phase 1 of your elimination diet may help limit these symptoms. The most important thing if you are experiencing these withdrawal symptoms is to be in contact with and follow the advice of your doctor. In many cases, a simple OTC pain reliever like Tylenol or Advil can help "take the edge off" so to speak if you are not reactive to any of the ingredients. Also, extra water consumption can also help minimize the temporary symptoms of withdrawal.

**Q. What will happen if I eat the foods on my red list?**

**A.** Eating foods from your red or yellow list can potentially set you back weeks on your program. The foods listed as red are those that show the highest levels of reactions from your test results and are the ones that are most likely to cause or contribute to your health problems. So eating the foods on your red list is a sure fire way of sabotaging your results on the LEAP Program. When our patients report that they had accidentally eaten foods from their red list, they often report some type of symptoms that accompanied their mistake. Terrible headaches, brain fatigue, diarrhea, heartburn, or just feeling lousy, water retention, and sudden weight increase are all common symptoms that arise when a person reintroduces reactive foods.

**Q. Should I keep taking my prescription and over the counter medicines?**

**A.** You should always follow the advice of your doctor regarding prescription medications you are taking and never stop the medication on your own, as this may have serious side effects. You may however find that after following the LEAP Program that your symptoms have diminished to the point where you may need to consult with your doctor to adjust the dosage of your medication. Your doctor or pharmacist can help you to check to see if your medications contain any of your reactive ingredients and advise you on any needed changes.

**Q. I eat out a lot; will I be able to stay on this program?**

**A.** You can stay on the program while eating out; however it will require more planning and a thorough knowledge of hidden sources of your reactive foods. It is also important to ask your waiter or the chef about ingredients in the foods available. Refer to the sections on Common & Hidden Sources of Test Substances and Restaurant and Travel Tips for more information.

**Q. What if I can't follow my diet; can I eat foods from my reactive list?**

**A.** When you consume reactive foods, the physiological, immunological, and biochemical effects in some cases can set back your progress by weeks. Therefore, we never advise our patients to eat foods that test reactive or that are known to provoke symptoms. If you are in a situation where it is impossible to follow the specific phase of your program, the next best thing is to be sure to limit your diet to only those foods on your low-reactive list. This may work until you can go back to your original plan. Remember that your results will be compromised the more you stray from your eating plan.

**Q. Should I take vitamin supplements while on the program?**

**A.** Supplements can be a convenient and useful way to make sure that you are getting the right amounts of essential vitamins and minerals. Be sure to check your current supplements for reactive ingredients and follow the advice of your healthcare provider. Often we recommend that you avoid any non-essential supplements during the early phases of your plan, then introduce them one at a time as untested items and monitor your response.

**Q. Why do I have food cravings; will this diet help prevent food cravings?**

**A.** In many cases food sensitivities have been likened to food addiction. The food sensitivity sufferer usually craves foods which, when eaten, temporarily create a feeling of well-being and an alleviation of unpleasant physical and mental symptoms. In other words, when you eat your reactive foods you temporarily feel better – but then, you soon feel lousy. The theory behind this physiological response is that the chemicals released from immune cells cause a temporary biochemical imbalance which shifts levels of certain hormones and neurotransmitters. Your body is then forced to create ways to readjust the balance. The body craves sweet foods, simple sugars, other carbohydrates, *and* reactive foods as a means to restore biochemical equilibrium. The problem is that this creates an ongoing cycle that can lead to continued symptoms, excess calorie consumption, or even binge eating.

By following your LEAP Program your cravings should subside considerably within the first 5-10 days on the program. Remember that cheating on the program cannot bring about any long term benefit and usually results in short, medium, and long term problems. Another thing that may make it easier to give up foods you crave is to understand that in reality, your reactive foods are poisoning you. Many people crave chocolate. But how many people would eat chocolate covered poison? So if you can understand that your reactive foods are poison, it becomes easier to find an alternative.

## The Mediator Release Test (MRT)

**Q. Is MRT accurate?**

**A.** A blinded peer reviewed scientific study showed MRT to have the highest level of accuracy of any food sensitivity blood test (94.5% sensitivity and 91.8% specificity).

**Q. What's the difference between MRT and other tests for food sensitivities?**

**A.** There are a few different tests available that are intended to identify sensitive foods. They are IgG (ELISA or RAST), ALCAT, and LRA by Elisa-Act (not to be confused with ELISA IgG). Without understanding some basics, it's impossible to understand how one is superior to the others and how they compare.

**The Basics:**

Food sensitivities make a person feel sick because the immune system reacts to foods and causes the release of chemicals called mediators (such as histamine, prostaglandins, cytokines, etc.) from white blood cells. It's the mediators that cause the inflammation, pain, and other symptoms associated with food sensitivities. In fact, food sensitivity is a very complex reaction by our immune system. There are many different cells that have different profiles of mediators, many mechanisms that cause mediators to be released, and of course, many different mediators. The thing that makes food sensitivities complicated is that there are various ways the immune system can respond in hypersensitivity. Because there are different ways the immune system can respond, there are different approaches researchers have tried to identify reactive foods and chemicals.

**ELISA IgG:** This test quantifies how much IgG you are producing to a specific food, with the assumption that high levels of IgG are only a bad thing. There is a specific type of immune reaction called Type 3 Hypersensitivity that can involve IgG or another antibody called IgM. When IgG is involved in triggering mediator release, this testing will be very helpful. Unfortunately, there are three very serious limitations of IgG testing:

1. High levels of IgG can be either good (suppressing of an immune response) or bad (causing an immune response). But you cannot tell which is good IgG or which is bad IgG through this testing. So just because you have a high level, may actually be good not bad.
2. IgG only plays a minor role in IBS, migraine, and fibromyalgia. Instead, research shows that Type 4 Hypersensitivity is the primary type of reaction. Type 4 Hypersensitivity doesn't involve IgG or any other antibodies.
3. IgG testing cannot identify reactions to chemicals like food additives. It's clearly documented that food chemicals play a very important role in provoking symptoms in many conditions. If you cannot identify these reactions, you could very well be missing very important information that can impact your health.

**How MRT Compares to IgG:** There are a number of advantages of MRT over any form of IgG testing. MRT is an endpoint test, meaning that all the immune based adverse reactions end up causing mediator release. So MRT does this without caring about the mechanism. In fact MRT is able to take into account the actions of all mechanisms, whether they are antibodies or other, because all of them ultimately cause white blood cells to release mediators. MRT is able to account for a much wider array of reactions than the relatively simple IgG testing. In addition, MRT is able to identify reactions to chemicals. Overall, MRT is more accurate and useful clinically.

**The ALCAT Test:** The ALCAT Test was invented and patented by the same person who invented and patented MRT, Dr. Mark Pasula. The two technologies are similar, yet separately patented, which means there is a unique difference. The main difference between the two tests is in terms of accuracy and reliability. Side by side studies have shown MRT to be more accurate (higher sensitivity and specificity) and to have higher split sample reproducibility than ALCAT. It is a good, but older method that has been replaced by MRT.

**LRA by ELISA-Act:** This test is somewhat of a mystery as to what it actually measures and how that correlates with mediator release and with an involvement in IBS, migraine, fibromyalgia, or other food-sensitivity-related conditions. The company that invented it makes claims about its accuracy, reproducibility, and validity, but in

fact there are no actual third party studies that confirm any of their claims. Nor have their own studies related to the same been published. In other words, there are no published studies that support their claims. In addition, the actual methodology is not described or validated in any peer reviewed publications, yet they claim that it is. Therefore it's not possible to assess and compare its strengths and weaknesses to MRT.

**MRT:** The main difference between MRT and ELISA-Act is that of scientific validation. There are studies published on MRT that clearly show the methodology, accuracy, ability to discriminate between healthy and sick populations, etc. They clearly tie the relationship of what MRT is measuring to the physiological basis of adverse food reactions in IBS, migraine, fibromyalgia, and other food-sensitivity-related conditions.

**Q. How does MRT work?**

**A.** MRT is an indirect method of accurately measuring mediator release. MRT does this by measuring changes in the liquids to solids ratio of your blood after your blood has been exposed and incubated with the test substance. It accounts for all reactions by your immune cells. This is done as an indicator that your immune cells have released chemical mediators such as histamines and others. Significant reactions are broken into either Reactive (Red), or Moderately Reactive (Yellow) categories and insignificant reactions (Green) are placed in the Low-Reactive category. All measurements are made using the most accurate method of measurement (Ribbon technology) currently available.

**Q. How come the test shows I'm reactive to something I have never eaten?**

**A.** There are 4 possible explanations as to why the test would show reactivity to an infrequently or never-consumed food:

1. Genetics. It has been shown that immune-based food reactions can have a genetic component and can be passed on from generation to generation.
2. Cross reactivity. Your immune system identifies and differentiates antigenic substances based upon their molecular structure. Foods from the same food families often share similar protein structures and can sometimes cross-react if tested. Another situation that can contribute to cross reactivity is when a reactive chemical binds with a non-reactive food and causes that food to be identified immunologically as a reactive substance.
3. Hidden source of the food. Many foods can be found as additives under different names. For example, monosodium glutamate (MSG) can be found in an ingredient list as monosodium glutamate, MSG, natural flavoring, or hydrolyzed vegetable protein (HVP). It is common for these items to be hidden in prepared foods. The report sections on Hidden Sources of Test Substances, and Chemicals and Additives can help reveal hidden forms of the items you need to avoid.
4. False positive test result. Even the most accurate laboratory tests can give some false readings. The overall accuracy of MRT as determined in a peer reviewed blinded study is roughly 93% leaving a small margin of potential error in the reading, that can show up as either false negatives (which means a substance is actually reactive, but the test says its non-reactive), or false positives (which means the test says its reactive, but it is really not).

**Q. I know that I am allergic to a particular food but MRT said I wasn't. Why?**

**A.** MRT identifies foods and food substances involved in **food sensitivities**, and is the most comprehensive blood test for these types of reactions. If you know that you are allergic to a particular food, it most likely won't show up on MRT because mast cells, the main cells involved in allergic reactions are found in tissue, not in the circulation. MRT measures the circulating cells which tend to be involved in sensitivities.

If your "allergy" is not really an allergy, but rather a food intolerance, that also will probably not show up on your MRT results because the symptoms are not triggered by an immune system reaction. In any case, if you know a particular food does not agree with you, the best thing to do is avoid it.

**Q. How can I be reactive to this food; I eat it all the time and it's a healthy food?**

**A.** One of the problems with food sensitivities is that any food or food substance that you consume can potentially be a culprit. Foods that you eat regularly are even more likely to be causing a problem.

Food sensitivities often develop over time in a gradual manner, and this causes you to become accustomed to a certain amount of suffering which you experience as "normal". When you eat reactive substances in this situation, it may not cause a dramatic reaction, relatively speaking. However, if you avoid your reactive foods for a while and then reintroduce them, you may experience a very pronounced reaction. Then you know that food is not good for you, no matter what the other health benefits of the food may be.

Foods such as garlic, fresh vegetables, or fresh fish, provide important nutrients and under normal circumstances promote health. However, any food that triggers your immune system to react against your body is not healthy for you, even if it contains some health benefits for others.

**Q. Why are milk, cottage cheese, and yogurt different in reactivity?**

**A.** While milk, cottage cheese, yogurt, and other cheese are all in the same food family (dairy), the antigenic protein structure varies considerably as the milk changes into a new product. That is why some people cannot tolerate milk, but can tolerate yogurt or certain cheeses. However, a good rule of thumb is that if you are reactive to two or more foods from the same food family, you should avoid the entire family.

## **Food Sensitivities**

**Q. What is the difference between food allergy, food sensitivity, and food intolerance?**

**A.** Food allergies, food sensitivities, and food intolerance are often used interchangeably and inappropriately. In fact, there is active debate in scientific and medical circles as to how to define and use these three terms. The general consensus is that food allergy can be defined as any adverse reaction to food that involves our immune system. This further breaks down into two kinds of reactions, food allergy, and food sensitivity. Food intolerance does not involve the immune system.

### **Food Allergy**

Perhaps the best-known example of food allergy is also its least common – and most dangerous. Anaphylactic shock is a severe hyper-reaction of the immune system caused by a massive release of histamine and other chemical mediators from certain types of white blood cells called mast cells and basophils. Not everyone with food allergies experiences anaphylaxis though. The immunological triggering mechanism that causes the mast cells (and basophils) to release their chemicals is called IgE and is a very well understood phenomenon. This underlying mechanism is considerably different from the triggering mechanisms found in food sensitivities. The most common foods implicated in food allergy are peanuts, other nuts, shellfish, or foods containing sulfites. People with anaphylaxis can die within minutes if they ingest even one molecule of their allergic food.

Food allergy affects about 1-2% of the population and accounts for only a small percentage of all adverse food reactions. Most immediate reactions are not life threatening but do produce uncomfortable symptoms. People suffering from food allergy can often identify what foods they are allergic to without the help of a doctor or

testing. This is because the reaction occurs every time and shortly after they eat their allergic food. However, if you know or suspect you have food allergies you should contact your physician, as additional testing and treatment may be necessary. You should also alert your dietitian of any known food allergies so that your diet can be adjusted accordingly.

### Food Sensitivity

Food sensitivity (also known as delayed food allergy) is quite another story. Delayed reactions manifest in many different ways as they can affect any organ system in the body and can take from 45 minutes to several days for symptoms to become apparent. The delayed onset of symptoms and complex physiological mechanisms involved in food sensitivities make them an especially difficult puzzle to try to solve either on your own or with most laboratory serum tests. In fact, food sensitivities often go undiagnosed or misdiagnosed. The treatments prescribed usually provide only temporary relief that mask the symptoms instead of addressing the root cause of the problem.

The differences between the two kinds of immune-mediated adverse food reactions are summarized in the table below.

Item Compared	Food Sensitivities	Food Allergies
Body organs involved	Any organ system in the body can be affected	Usually limited to airways, skin, gastrointestinal tract
Symptom onset occurs	From 45 minutes up to 3 days after ingestion	From seconds to 1 hour after ingestion
Are symptoms acute or chronic?	Usually chronic, sometimes acute	Usually acute, rarely chronic
Percentage of population affected	Est. 20 - 30%	1 - 2%
Immunologic mechanisms	White blood cells Antibodies: IgG (and subclasses) IgM C <sub>3</sub> , C <sub>4</sub>	IgE
Non-immunologic mechanisms	Toxic Pharmacologic	None
How much food is needed to trigger the allergy?	From small amount to large amount; often dosage dependent	1 molecule of allergic food needed to trigger reaction

### Food Intolerance

Food intolerance can produce some digestive symptoms that are similar to food sensitivity but it doesn't involve the immune system. Instead, when the food in question is consumed, it is not properly digested and begins to ferment inside the gut. The best example of food intolerance is lactose intolerance. This condition is characterized by bloating, loose stools or diarrhea, and gas. Lactose intolerance is caused by an inability of the body to produce enough of the enzyme lactase, which breaks down lactose, the primary sugar found in milk. Avoiding milk products or supplementing the diet with lactase enzyme is the best way for a person with lactose intolerance to overcome the problem.

#### Q. Why do I have food sensitivities; how did I get them?

A. Researchers do not have all the answers to this question and there is still much to be learned about how food sensitivities develop. The following are the most widely accepted factors that can help cause food sensitivities.

1. Poor digestion.
2. Unbalanced gut flora
3. Chronic stress/severe trauma
4. Immune system overload

5. Genetics
6. Toxic-induced loss of oral tolerance (overexposure to chemicals)

**Q. How do food sensitivities cause symptoms?**

**A.** The symptoms that result when we have food sensitivities are caused by the release of toxic chemicals such as histamine from immune cells. The table below describes the sequence of events involved in developing symptoms from food sensitivities.

<b>Step 1 Identification</b>	<b>Step 2 Call in the Troops</b>	<b>Step 3 Chemical Warfare</b>	<b>Step 4 Symptoms</b>
Immune system identifies foods and food substances as foreign	Immune & non-immune mechanisms (IgG, IgA, IgM, etc.) trigger immune cells to attack	Chemicals such as histamine are released from immune cells to destroy invaders	Tissue inflammation and damage occurs leading to symptoms

### Diet & Nutrition

**Q. Should I take vitamin supplements while on the program?**

**A.** Supplements can be a convenient and useful way to make sure that you are getting the right amounts of essential vitamins and minerals. Be sure to check your current supplements for reactive ingredients and follow the advice of your healthcare provider. Often we recommend that you avoid any non-essential supplements during the early phases of your plan, then introduce them one at a time as untested items and monitor your response.

**Q. What are refined carbohydrates?**

**A.** Refined carbohydrates are processed foods rich in simple sugars. Refined carbohydrates have far less nutritional value than their whole food counterparts and should be eaten sparingly. White sugar, white flour, corn syrup and foods with these ingredients (baked goods, desserts, candy, soda, etc.) are examples of refined carbohydrates. If you consume simple sugars frequently, the amounts not immediately used or stored by the liver will be stored as fat.

**Q. I don't eat breakfast, is that all right?**

**A.** It is very important not to skip breakfast. Breakfast is the most important meal of the day because it kick-starts your metabolism, helping with weight control, and provides important energy for your daily activities. It has been said that if you skip breakfast, you will gain a pound a year. Your light meal should be in the evening.

**Q. I only eat one meal a day, is that all right?**

**A.** Actually, your body requires a steady stream of calories and nutrients to function optimally and one meal a day won't provide this. It is best to consume three normal sized or five smaller meals per day starting with breakfast.

## General Program Questions

**Q. If I have a problem with candida, will this program help me?**

**A.** If you are suffering from candida sensitivity (candidiasis), it is important to consult with a physician who is knowledgeable about the treatment. Often, ridding the body of candida overgrowth involves the use of anti-fungal medications or ointments, as well as a more restrictive diet that avoids sources of yeast, and foods that feed the candida, namely carbohydrates and simple sugars. We may recommend the use of probiotics to help re-establish normal intestinal flora.

**Q. I have hypoglycemia; will this program take this into consideration?**

**A.** Yes. Hypoglycemia is a condition in which your blood sugar decreases below normal levels. Dizziness and severe lack of energy are the most common symptoms of this condition. Regular eating patterns are the most important dietary therapy to regulate blood sugar. Smaller more frequent meals eaten every two to three hours can ensure a proper supply of blood sugar.

**Q. I am a diabetic; can I be on this program?**

**A.** Yes. The LEAP dietary program can be integrated with the diabetic diet very easily and with good results.

**Q. Would my diet be good for other family members?**

**A.** It may or may not, depending upon their individual reactivities. Each person responds differently to the foods, chemicals and additives that they are eating. It would be best to have them do the LEAP Test and have an eating plan developed for their particular needs.

## CHEMICALS & ADDITIVES

The LEAP 170 profile tests a number of common chemicals found in the typical American diet. Some of these chemicals are added to foods as preservatives, flavor enhancers, or colorings; and some occur naturally. Some chemicals, in addition to causing an immune reaction, can have drug-like effects on our physiology, such as caffeine, tyramine, phenylethylamine, etc., that may be contributing to our symptoms in a different way. Reactivity to food chemicals can make dietary adjustments a bit more complicated (*see the question immediately below*), but must be appropriately addressed if you want to get the most out of your efforts.

### **Q. What if I test reactive to a chemical, but not the food that contains it?**

**A.** It is possible to test reactive to a chemical, but not the food containing the natural chemical. This is most often due to the concentration of the item. The concentration of the pure chemical antigen is often greater than the concentration of chemical in the whole food antigen. So in some cases, reactions to the chemicals are noted, but not to the foods that contain the chemical. In fact, many chemical sensitivities are dose related. This means a small amount of the chemical won't trigger any noticeable reaction, but higher amounts will. Exactly how much is needed to trigger a reaction can vary from person to person.

If you are reactive to a chemical, but are not reactive to the food in which it's naturally found, there are two different approaches to consider,

1. The 'safest' approach: You can eliminate ALL foods that contain that chemical until Phase 3 or 4, and then try the food containing the chemical, in small amounts if it was not a test reactive food. If symptoms don't return, it may be safe, but you will want to limit quantities. For example, if you test reactive to solanine, but not to the foods that contain solanine, you may do fine with one serving of potato for example. However you may develop symptoms if you eat large servings or include several other foods that contain solanine, such as tomatoes and eggplant, at the same meal or in the same day.
2. Include foods that contain the chemical in normal/small amounts. If your symptoms do not subside within 7-10 days, then follow a more restrictive diet as mentioned above.

### **ACETAMINOPHEN:**

Acetaminophen is a common pain reliever often used as an aspirin substitute. Tylenol is the most widely used acetaminophen-based product, but it may be found in many pain-reliever medications.

### **ASPARTAME:**

Aspartame, found under the brand names **NutraSweet®** or **Equal®**, is a compound prepared from aspartic acid and phenylalanine, with about 200 times the sweetness of sugar. Sensitivity symptoms include headaches, hyperactivity in children, fatigue, and irritability. Individuals who have a genetic defect in which they do not metabolize phenylalanine properly should not use aspartame. Aspartame also lowers the acidity of urine and reportedly makes the urinary tract more susceptible to infection. Powdered diet sweeteners may also contain maltodextrin, from corn.

**Food Sources of Aspartame:** Any product containing NutraSweet®; Equal®. It is widely found in processed diet foods, sugar-free foods and low-calorie soft drinks.

### **BENZOIC ACID:**

Also known as benzoin, gum benzoin, and various benzoates and related compounds. This chemical is found naturally, particularly in berries and fruits where it acts as a natural preserving agent. It was on this basis that manmade chemicals related to benzoic acid and similar compounds were introduced, both as flavoring agents and preservatives. The processing and concentrating of many natural foods greatly increases the level of these compounds, e.g. turning tomatoes into tomato ketchup. Whereas the natural tomato may not cause hyperactivity in children or headaches in adults, the more concentrated forms, ketchup, soups or purees can produce these effects.

**Food Sources of Benzoic Acid:** Benzoic Acid can be found naturally occurring in cherry bark, raspberries, tea, anise, and cassia/cinnamon bark. As a food additive it is used in butterscotch, chocolate, lemon, orange, cherry, fruit, nut, tobacco flavorings, ice cream, ices, candy, baked goods, icings, and chewing gum. Also used in margarine and pickles. Sodium benzoate is often used as a preservative in liquid vitamin/mineral preparations and medicines.

**CAFFEINE:**

Also is known as guaranine, methyltheobromine, theine, and trimethylxanthine. Caffeine is the number one psychoactive drug in the world. It is a central nervous system, heart, and respiratory system stimulant. Caffeine can alter blood sugar release and cross the placental barrier. It can cause nervousness, headache, insomnia, irregular heartbeat, noises in the ear, and in high doses, convulsions. It has been linked to spontaneous panic attacks in persons sensitive to caffeine.

**Food Sources of Caffeine:** Caffeine occurs naturally in coffee, chocolate, cocoa, guarana paste, kola nuts, and tea. Caffeine is an additive in many kinds of beverages and soft drinks. It is also found in OTC diet pills and appetite suppressants, pain relievers like Excedrin, supplements, and “alert” pills.

**CANDIDA ALBICANS:**

The common yeast, candida albicans, normally lives on the mucous membranes of the digestive and genitourinary tracts. The intake of antibiotics (especially prolonged use), birth control pills, the cortisone group of drugs, and diets high in refined carbohydrates may lead to abnormally high concentrations of this yeast. Symptoms that stem from candida overgrowth include yeast infections, thrush, bloating, constipation, diarrhea, and abdominal pain. Yeast overgrowth in the gut may also play a role in causing food allergies and nutritional deficiencies. A possible course of action, for those who test reactive, is a diet avoiding certain foods that contribute to the growth of candida in the body, particularly foods containing yeasts, starches, and sugars. An anti-fungal treatment may also be used in conjunction with diet modifications.

**CAPSAICIN:**

Capsaicin is the component of chili peppers and other spicy peppers from the capsicum family that make it “hot.” Capsaicin can cause a "burning" pain in the mouth which is normal, but strong reactions such as intense long-lasting burning in the mouth or other areas of the GI tract, as well as severe reactions such as nausea and vomiting may indicate a sensitivity or intolerance.

**Food Sources of Capsaicin:** Capsaicin is found naturally in spicy peppers from the capsicum family, such as jalapeno, haba ero, banana peppers, chili peppers, etc. Note that capsaicin is not found in some spicy peppers such as black pepper and Sichuan pepper. In addition, mild non-spicy varieties of peppers from the family capsicum have no capsaicin within them and can often be consumed safely when capsaicin is reactive.

**FOOD COLORINGS:**

Dr. Benjamin Feingold postulated and publicized that food coloring sensitivity could be a cause of hyperactivity in children. Studies have confirmed this notion and have shown additional adverse effects of artificial colorings: asthma, eczema, urticaria, angioedema, perennial rhinitis, and gastrointestinal disorders, migraines, and itching. Many colorings are found in medications and supplements, toothpastes, mouthwashes, cosmetics, and other personal care items. Check your labels.

Name/Common Name:	Common Food Uses:
<b>FD&amp;C Blue No.1:</b> (Brilliant Blue)	Beverages, dairy products, powders, jellies, confections, marshmallows, condiments, icings, syrups, extracts, gelatins.
<b>FD&amp;C Blue No.2:</b> (Indigo blue; idigotine)	Baked goods, cereals, snack foods, ice cream, confections, cherries, and many others.
<b>FD&amp;C Green No.3:</b> (Fast Green FCF)	Beverages, puddings, ice cream, sherbet, cherries, confections, baked goods, dairy products, gelatins.
<b>FD&amp;C Red No. 4:</b> (Carminic Acid, carmine)	Beverages, puddings, ice cream, sherbet, cherries, confections, baked goods, dairy products, gelatins, and some pharmaceuticals.

<b>FD&amp;C Red No.40:</b> (Allura Red AC)	Gelatins, puddings, dairy products, confections, beverages, condiments.
<b>FD&amp;C Red No.3:</b> (Erythrosine)	Cherries in fruit cocktail and in canned fruits for salads, confections, baked goods, dairy products, snack foods, sherbets, cereals, garlic sausage and salami.
<b>FD&amp;C Yellow No.5:</b> (Tartrazine)	Custards, beverages, ice cream, confections, preserves, cereals, artificial cream, coffee whiteners, canned and instant soups, snacks, jellies, gelatin, orange drinks, cake mixes, macaroni & cheese mix.
<b>FD&amp;C Yellow No.6:</b> (Sunset Yellow)	Custards, baked goods, snack foods, ice cream, beverages, dessert powders, confections.

### **HIGH FRUCTOSE CORN SYRUP (HFCS):**

HFCS is a common sweetener used in sodas and fruit-flavored drinks. HFCS is chemically similar to table sugar. However, there is debate about whether or not the body processes HFCS differently than regular sugar. In addition, research suggests a correlation between increased consumption of HFCS, increased obesity and increased body fat.

**Food Sources of High-Fructose Corn Syrup:** It is used as a sweetening additive in a wide range of processed foods, candies, soft drinks, juices, ice creams, baked goods, and dessert goods.

### **IBUPROFEN:**

Ibuprofen is a common over-the-counter pain reliever and anti-inflammatory agent. Most commonly found as Advil®, Motrin®, or Nuprin®.

### **LECITHIN:**

Also known as hydroxylated lecithin, lecithin is a food additive used as an emulsifier (smoothing agent), spreading agent, and defoaming agent in a wide number of foods and food products. Lecithin has a high natural choline content, and in sensitive individuals can cause symptoms ranging from sore muscles, headaches, stiff neck, and sore throat. It may be a dose related response; however, if you are reactive to lecithin, you may also need to eliminate all egg, soybeans and corn from phases one through three, adding them back in phase four.

**Food Sources of Lecithin:** Lecithin occurs naturally in egg yolk, soybeans, and corn. It is an additive in prepared breakfast cereals, candy, sweet chocolate, baked goods, margarines, frozen desserts, vegetable and animal fats, salad dressings, and non-stick cooking sprays. It may be found in Diprivan®, albuterol products, Atrovent®, most inhalant medications, other medications, and supplements.

### **MONOSODIUM GLUTAMATE:**

Also known as MSG, glutamic acid, free glutamate, monopotassium glutamate, Accent®, or Zest®. Monosodium glutamate occurs naturally in seaweed, sea tangles, soybeans, and sugar beets, but is also used as a flavor-enhancing food additive. It is used to intensify the flavors of meat and spices in a number of different products. It is also commonly used in Oriental cooking and is the cause of the "Chinese Restaurant Syndrome" causing dehydration, thirst, headaches, depression, irritability and other undesirable effects. MSG can cause anaphylactic shock in susceptible individuals. Some foods that claim to be MSG free actually contain large amounts of free glutamate and should also be avoided by sensitive individuals.

**Food Sources of MSG:** Oriental foods, snack foods, seaweed, sea tangles, mixed nuts, salted or flavored peanuts, soybeans, sugar beets, hydrolyzed proteins, gelatins, plant protein extracts, sodium caseinate, calcium caseinate, yeast extract, textured protein, autolyzed yeast, malt extract, malt flavoring, barley malt, bouillon, stock, carrageenan, maltodextrin, whey protein, "natural flavors", meats, condiments, pickles, soups, baked goods, candies, processed foods, anything ultra-pasteurized and anything protein fortified, enzyme modified, or fermented.

### **PHENYLETHYLAMINE:**

Phenylethylamine (as well as tyramine) is a naturally occurring compound known as a pressor amine and is capable of stimulating the arterial system causing migraine headaches. It may have an effect on the central

nervous system causing sleepiness, fatigue, and hyperactivity; and is also capable of causing effects on the airways resulting in wheezing. Reactions to phenylethylamine and tyramine are usually dose dependent. Unless there is an overload or you are very sensitive, the body has powerful mechanisms capable of neutralizing their effects.

**Food Sources of Phenylethylamine:** Chocolate, wines, aged cheeses.

#### **POLYSORBATE 80:**

Also sorbitan monooleate, polysorbate 60, sorbitol, and sorbitan derivatives. These chemicals are sorbitan derivatives that are used in foods and in flavor compositions as an emulsifier, stabilizer, wetting and dispersing agent in powdered processed foods, and a foaming agent for beverages. polysorbate 60 and polysorbate 80 have been linked to the cancer causing agent dioxane.

**Food Sources of polysorbate 80:** Cake mixes, candies, chocolate, frozen desserts, doughnuts, baked goods, shortenings, ice creams, non dairy whiteners, artificial creams, toppings, beverages, processed meats, fish, and salad dressings. It is also found in the medications Nexium® and Prevacid®, personal wipes, cosmetics, and many personal care items. Check your labels.

#### **POTASSIUM NITRATES AND NITRITES:**

These compounds are commonly used in food processing or found naturally in some vegetables, both as a result of using nitrate fertilizers and because some vegetables have a tendency to accumulate nitrates. They are used as a color fixative and to cure hams, bacon, corn beef, and some fish products providing a longer shelf life. Nitrates change into nitrites upon exposure to air. They can, in sensitive individuals, cause headache, drowsiness and fatigue. Research has proven that nitrates and nitrites when combined with stomach saliva and food components produce nitrosamines, powerful cancer producing substances.

It has been a recent development to encourage a block on this conversion by the use of antioxidants such as vitamin C and E to such a degree that the US food and drug administration has advised food manufacturers to add these vitamins where this chemical process has been used.

**Food Sources of Potassium Nitrate:** Naturally occurring in high amounts in spinach, beets, radishes, eggplant, celery, lettuce, collards, and turnip greens. Used as a curative in processed meats. Private wells should be tested for nitrates regularly, as they can be a source of excess nitrate.

**Food Sources of Potassium Nitrite:** Cured meats, bacon, bologna, frankfurters, hotdogs, deviled ham, meat spreads, potted meats, spiced ham, Vienna sausages, smoke-cured tuna, smoke-cured shad, and smoke-cured salmon.

#### **SACCHARIN:**

Saccharin is a non-nutritive, non-caloric synthetic sweetener that is 300 - 500 times sweeter than sugar. Saccharin has been found to cause cancer in laboratory rats.

**Food Sources of Saccharin:** Mouthwash, toothpaste, diet soda, low-calorie beverages, sugar-free candies.

#### **SALICYLIC ACID:**

Also amyl salicylate, phenyl salicylate, methyl salicylate, glyceryl salicylate, benzyl salicylate, dipropylene glycol esters (often with benzoates), salts of salicylic acid. Aspirin is a salicylate and it is known that many people are sensitive to this chemical. What is not well known (or well understood) is that it exists naturally in many foods and becomes concentrated as those foods are processed. Extensive work from Australia highlights its importance, and diets eliminating it have been beneficial in a wide group of people previously thought to be food sensitive. Absorption of large amounts of salicylates can cause vomiting, abdominal pain, increased respiration, acidosis, headaches, asthma, muscle aches, mental disturbances, and skin rashes in sensitive individuals. Some individuals may be reactive to processed/artificial salicylates, but do fine with naturally occurring salicylates.

**Food Sources of Salicylates:** Salicylates are found naturally in almonds, apples, apricots, blackberries, boysenberries, cherries, cloves, cucumbers, currants, gooseberries, grapes, nectarines, oil of wintergreen, oranges, peaches, pickles, peanuts, plums, prunes, olives, raisins, raspberries, strawberries, and tomatoes.

**Foods with Added Salicylates:** Include ice cream, baked goods (except bread), candy, chewing gum, soft drinks, gelatins, jams, cake mixes, and mint flavored foods. Also may be found in cosmetics, sunscreens, certain herbals, and most toothpaste.

**SODIUM METABISULFITE:**

Sodium metabisulfite is used as a bacterial inhibitor, anti-fermentative, anti-browning agent and preservative in a wide range of prepared food products. Particularly in sensitive people such as asthmatics, it can cause wheezing, congestion, anaphylaxis and shortness of breath. In normal individuals an excess can cause nausea, diarrhea, gas and headache.

**Food Sources of Sodium Metabisulfite:** Wine, ale, beer, soft drinks, processed fruit and vegetable juices, frozen fruits, dried fruits, sugar, syrups, maraschino cherries, fresh non-organic grapes; commercially peeled (processed), dehydrated; or commercially prepared potatoes.

**SODIUM SULFITE:**

This is a chemical used in food processing as a preservative and sanitizing agent. It prevents bacterial growth and the browning of exposed foods. It also prevents the growth of undesirable microorganisms during fermentation and food processing. Reactions can include headaches, diarrhea, nausea, skin rash, swelling, and wheezing.

**Food Sources of Sodium Sulfite:** Sugars, syrups, frozen apples, dried fruit, peeled potatoes, maraschino cherries, condiments, frozen vegetables, wine, fresh non-organic grapes.

**SOLANINE:**

Solanine is a naturally-occurring toxicant of the nightshade family. When potatoes are green or sprouting they contain higher than normal levels of solanine so it is advisable not to eat them when they are in this state. It is interesting to note that tobacco is a solinacious plant, so traces of solanine appear in tobacco products. Symptoms include nausea, vomiting, muscle aches, joint pain, and gastric disturbances.

**Food Sources of Solanine:** Potatoes (particularly green or sprouting), cayenne, bell peppers, chili peppers, eggplant, paprika, tomato, Cape gooseberry.

**SORBIC ACID:**

Also known as hexadienic acid, potassium sorbate, sorbistat. Sorbic acid is used as a preservative and antimicrobial food additive particularly effective against yeast and molds.

**Food Sources of Sorbic Acid:** Baked goods, cheeses, jellies, wines, dried fruits, chocolate syrup, fresh fruit cocktail, pickles, salads (potato, macaroni, coleslaw, gelatin), cheesecake, and pie fillings, cured meats, sausages, soft drinks.

**TYRAMINE:**

Tyramine (as well as phenylethylamine) is a naturally occurring compound known as a pressor amine and is capable of stimulating the arterial system causing migraine headaches. Tyramine is a natural substance formed from the breakdown of protein as food ages. It is found in aged, fermented, or spoiled foods. It may have an effect on the central nervous system causing sleepiness, fatigue, and hyperactivity; and is also capable of causing effects on the airways resulting in wheezing. Reactions to tyramine and phenylethylamine are usually dose dependent. Unless there is an overload or you are very sensitive, the body has powerful mechanisms capable of neutralizing their effects. All foods develop increasing amounts of tyramine as they deteriorate. Therefore, it's important to be sure that your foods have not deteriorated. Be cautious about refrigerated leftovers. If it will be more than a day or two, then freeze the foods until you are ready to eat them. All people on MAO inhibitor drugs should avoid all foods with high levels of tyramine, as serious drug interactions can occur.

**Food Sources of Tyramine:** Beer, Chianti wine, other wines and wine vinegars, fava or broad beans, aged cheeses, beef liver, chicken liver, orange pulp, smoked or pickled meats, smoked or pickled poultry or smoked or pickled fish, packaged soups, yeast vitamin supplements, meat extracts, summer sausage, soy sauce, eggplant, avocados, tomatoes, banana peel, prunes, raisins. Must limit with the medications tranlycypromine (Parnate®) and Nardil®.

**WHEY:**

Whey is one of the main proteins in cow's milk. It is a very common ingredient in many processed and packaged foods, particularly diet products, bodybuilding products, and protein bars and shakes. In sensitive individuals whey can cause a variety of symptoms.

**Food Sources of Whey:**

Cow's milk, whey protein, bodybuilding products, diet shakes and drinks, protein bars, baked goods, puddings, desert items.

## **EATING NEW FOODS!**

### **TIPS, TRICKS, and TECHNIQUES**

Since, after your MRT testing you may be encouraged to eat many foods you're not familiar with, we thought some knowledge would help make this process easier. It's of utmost importance to establish healthy eating patterns and to eat a diet that is balanced, varied, and healthy. And, since a lack of fruits and vegetables is the most common nutritional omission people make, anything to encourage you to eat them more often is a good thing.

#### **RETRAINING YOUR TASTE-BUDS**

Our food preferences tend to develop as children. By the time we are adults, our ideas about what we 'like' or 'don't like' are often set. If you're not someone who "eats anything and everything" we challenge you to consider adding new foods to your diet, even foods you currently dislike. And we offer you a new way of looking at and testing your own food preferences.

Many children grow to adulthood, dismissing or forgoing whole categories of fruits or vegetables. It's common to hear adults say, "I hate vegetables," or "I only like peas, corn and potatoes," or "I like a few fruits and vegetables, but I've never even tried many of them."

It's not commonly known that many adults dislike certain foods because the foods were introduced, offered or forced upon them as children. Here's an example of how this may happen.

First, we'd like you to follow along on an imaginary caveman walk.

Imagine yourself as a caveman (or woman) . . . wandering the forest in search of food. You spot a berry patch, taste one, find it acceptable, and eat a few. If you don't become sick or get an upset stomach, you may repeat the same thing the next day. If, with continued consumption, you find it fills your belly, and doesn't make you feel bad, you will assume it's an 'okay' food, and maybe even prefer it over other foods.

Now, take another caveman walk. Another berry. Another taste . . . and the results are negative – illness, or vomiting, or just a feeling of un-ease. Do you think you would choose that berry again? Of course not . . . at least not anytime soon. You assume the berry caused the illness in this case.

Now, maybe, eventually, if everybody around you continues to eat them with no ill effects, you may give them another try, depending on how horrible you felt the last time you tried them.

Now, jump to modern day.

Mom or Dad sits Junior down in front of his meal. Well, Junior, at 3 years old, still has very acute taste buds. The healthy fruit or veggie that tastes great to Mom and Dad tastes extremely bitter to junior. He doesn't like it and knows it! He doesn't want to finish the huge serving (huge to a 3 year old) dished out for him. He spits out the offending food. But, for the moment, instead of being able to leave the food on the plate, Mom or Dad makes a huge issue of eating it. (Don't listen to your body . . . eat regardless of how you feel. . .) They force junior to eat the food . . . even if it's cold. Junior's no longer hungry, having finished the rest of his meal. He's left sitting at the table alone, when he'd rather be playing outside with friends. He's feeling embarrassed, hurt, unheard, frustrated. He may even force the food down. And, as a child, he doesn't have the ability to understand that it's not the food that's causing the misery, it's his parents. But, he loves his parents and relies on them for everything, so his anger and hatred is targeted towards the food. So he thinks, "It must be 'bad food.'" And, so, he decides never to eat that food again since he associates this food with feeling miserable. (Not knowing that over time, his acute taste for bitter will tone down, and that the same food may in fact taste good eventually.)

Fast forward 20 years. Junior is now 23 and still hates the veggies he was forced to eat as a child. Can he ever overcome this hatred? He may not think so, but in most cases, yes, taste buds may be retrained. There is a trick we can play with our minds, as adults.

### **HOW TO RETRAIN YOUR TASTEBUDS**

We have learned through psychology that our body responds to what's happening in our brain. Feel happy, we smile. Feel angry, our face frowns. And, we've also learned that it works in reverse as well. Feel sad? Plant a smile on your face anyway, and eventually your brain starts to think you must really be happy.

Try these steps and you may 'relearn' to like new foods or retrain your taste buds.

Step 1/Taste 1: Start on a day when you're in a great mood! Life is good. You're happy – or at least satisfied with life. While in a good mood, have your first 'trial' taste of a previously disliked food. Prepare a very small amount in an appetizing format. Or you may want to try new foods when eating out or at a party. Ideally, use fresh or lightly steamed vegetables. Apply a few drops of butter or olive oil and a tiny sprinkle of salt the first time, if you wish. Smile. Take ONE and ONLY one bite of the new food. Keep smiling. Finish your meal, and don't take more than one bite of the new food.

Taste 2: A day or a week later. REPEAT the above with the same food. Again, take only ONE or two bites and STOP. Don't think about it too long; just enjoy the rest of your food.

Tastes 3-7: Over the next few days, or few weeks, REPEAT.

Taste 8: By this time, you've had a bite or two of a previously disliked food seven times. And, every time it probably didn't make you sick. It probably didn't taste ALL that bad. In fact, you were even smiling and pretty happy before and after the tastes.

So what happens?

Your body decides this must be a 'safe' food. It didn't make you ill or miserable. Nobody was breathing down your neck. You were in control.

In time, if you start having larger portions, you may even find you begin to LIKE this food. REPEAT this process for any and all vegetables, grains, fruits, nuts, etc that you want to eat again.

Will this work for ALL foods? Maybe not. This author has tried it with liver. She STILL hates liver as much as she did as a child. :-)

Others may find that a particularly offensive food is never liked. Brussels sprouts, mushrooms and asparagus seem to be common culprits for foods some people just never learn to love. Still, others may find they can tolerate a food, even if it will never become a favorite food.

Finally, a couple of warnings are needed.

If there is a true allergy to a food, don't ignore this response. Food allergies can range from uncomfortable to deadly. One reaction, Oral Allergy Syndrome can cause your tongue to burn or tingle when you eat certain foods. This happens mostly with raw fruits or nuts. If this happens, stop eating the food immediately and speak with your doctor about this situation.

One little boy would spit out walnuts and rub his tongue off after eating them. He never seemed to like them, but would eat them if forced. Mom never picked up on this and continued to use walnuts in many dishes. By the time the boy was 4, he had a full blown IgE allergy with hives over his body and a swelling tongue and throat from even a trace amount of walnuts. So, do listen to your body and obviously, avoid any known allergens and any other 'reactive' food.

## FOOD ALTERNATIVES FOR COMMONLY EATEN ITEMS

Remember, even though there are many alternatives which you may try eventually, during the initial phases of your diet, you may use only items which are in your low-reactive group and that you have already tried individually.

### Butter:

Sensitivity to milk means having to avoid butter as well. Because butter is used in different ways in different dishes, there are several possible alternatives. The most obvious is **margarine**, or any **non-butter spread**. In the early phases of your LEAP diet, it is doubtful that you will find a margarine that does not have reactive or untested ingredients. Another is clarified butter (**ghee**), which is free of the milk solids usually implicated in adverse reactions. Most people who are milk sensitive find they can tolerate ghee. However you should always be careful, particularly if your reactions to milk are severe. **Olive oil or other oils** that were low-reactive may provide healthy alternatives. In sauces, **creamed coconut**, or **vegetable shortening** may be used, but be careful to test the palatability of these items in the specific dish you are cooking. These are not health-promoting choices, however.

### Corn:

Corn is one of the most common ingredients found in processed foods. As a grain, corn can be substituted with any other grain (wheat, rice, rye, amaranth, spelt, kamut, millet, quinoa, etc.). As a thickener (corn starch), **rice flour, potato flour, barley flour, rye flour, sago flour, pearl tapioca, tapioca flour, and arrowroot** can be used according to your food plan. Untested items will need to wait until it is time to start trying untested items. As a sweetener, you can replace corn syrup with **cane sugar syrup, molasses, brown rice syrup, sucrose, honey, barley syrup, maple syrup, date sugar, or concentrated fruit juices**. You will try untested sweeteners later.

### Cow's Milk:

There are many healthy and delicious substitutes for cow's milk, which may be used in the same ways as cow's milk, such as **rice milk\***, **almond milk\***, **cashew milk\***, **soy milk\***, **coconut milk\***, **goat's milk**, and **sheep's milk**.  
\* These milk substitutes may not be nutritionally equivalent to cow's milk. Some commercially available products also contain several untested ingredients. It is possible to make your own substitutes.

### Cow's Cheese:

Substitutes for cow's cheese are also many depending on your use (either regular cheese or as a cheese spread). Most delicatessens and health food stores carry **goat's cheese** or **sheep's cheese**. **Soy cheese** is very similar in taste and texture to American cheese. **Tofu** and other soy-based products are available as cheese spreads in a variety of flavors. **Hummus** and **pate'** (home-made) are also healthful alternatives to cheese spreads. At first you will need to find products that contain no untested or reactive ingredients. It's very simple to make various spreads using allowed ingredients.

### Eggs:

Eggs are very commonly used as a binder in baked goods and as a main component in breakfast meals. As a replacement to egg for baking purposes there are several alternatives:

1 egg = 2 tablespoons liquid +  
2 tablespoons allowed flour +  
1/2 tablespoon allowed oil +  
1/2 teaspoon baking powder (allowed ingredients)  
OR: 1 tablespoon ground flaxseed (untested) or psyllium seed (untested) +  
3 Tablespoons of water

For puddings, where eggs are used to "set" a liquid, you may substitute gelatin if not beef or pork reactive. One teaspoon of gelatin is equal to one egg. Dissolve the gelatin water before adding to other ingredients. Commercially prepared egg replacers are also available (check for reactive or untested ingredients).

**Gluten:**

Gluten is a protein found in wheat, rye, barley, spelt, kamut, and triticale. Oats may contain gluten if cross-contaminated with gluten-containing grains, so are not recommended unless certified as gluten-free. Due to the fact that gluten is a well-known offender, there are many gluten-free products available. Some of these products are made from a combination of different flours such as **corn flour or starch, potato flour, soya flour, bean and pea flours, nut flours, rice flour, rice bran, and carob flour**. Other non-gluten flours include: **Montina, garfava flour** (garbanzo and fava), **teff flour, amaranth flour, quinoa flour, tapioca flour, sweet potato flour, and coconut flour**. You can also mix your own for baking by using equal parts **rice flour, soya flour** and **potato flour** or use other combinations. You may use yeast but do not knead the bread. The texture will be heavier than traditional bread and may taste better toasted. If you also have to eliminate yeast there are other alternatives (see “Yeast”). **Xanthan gum** is an alternative to gluten and can be used in cooking and baking but is an MRT untested ingredient which will need to be added in later phases of your plan. Basic rule-of-thumb is one rounded teaspoon xanthan gum per cup of flour. Also try **guar gum, flax seed, eggs and egg substitutes** when appropriate for your plan.

**Sugar:**

There are many natural alternatives to cane sugar which include **honey, agave nectar (from cactus), pure maple syrup, date sugar, beet sugar, concentrated fruit juices, brown rice syrup**, as well as artificial sweeteners such as **aspartame and saccharin**. Note that Sucralose® (Splenda®) is made from cane sugar but chemically is very different. Check all labels for reactive or untested ingredients. You may want to try **stevia** as a natural non-caloric sweetener later as an untested item.

**Wheat:**

Wheat is the main ingredient in most bread and bread products as well as pasta, crackers, cookies, cakes, and cereals. It is also added to many other processed foods as a thickening agent or texturizer. Wheat and wheat by-products are staples in the American diet, yet it is one of the most reactive foods for many people. Thankfully there are many alternatives to wheat that are easy to find. These include: **rice, soy, rye, corn, oats, sunflower, barley, buckwheat, millet, and amaranth**. **Kamut** and **spelt** are very close to wheat antigenically, and even if you tested low reactive to them, it is best to avoid them in the early phases of your plan. Your dietitian will guide you on the use of related wheat family products depending on your MRT results. These wheat alternatives are available in a flour form for baking; ground and cracked forms for cooking, as well as prepared breads, cookies, cakes, pasta and cereals. However some of the products made with these alternatives may still contain wheat, untested, or reactive ingredients, so be sure to read all ingredients. For gluten-free wheat flour alternatives, see those listed under “Gluten” above. Some are untested items and must wait until it is time to try untested items in your plan.

**Yeast:**

**Soda bread, homemade oil biscuits, muffins, chapattis, tortillas, papadams, pancakes, crepes, and selected crackers** are good substitutes for yeast-leavened bread. Dumplings are also yeast-free. Soda bread is made using baking soda and requires an acid source such as buttermilk or regular milk with vinegar or lemon juice added. You may use baking powder as a leavening agent in low-acid baked goods. Common baking powders usually contain cornstarch as a filler. If you are reactive to corn, there are baking powders which use potato starch. If you are reactive to both of these items, then you can make a homemade baking powder using cream of tartar if you are not reactive to grapes. There are many options for making items which contain only your allowed ingredients. There are some commercially available yeast-free breads made with other organisms, which may be tolerated. As always, check labels.

A simple recipe for **homemade baking powder** is:

1 part baking soda, 1 part allowed starch or flour, 2 parts cream of tartar (from grape)

Mix and use as regular baking powder. Store unused portions in an airtight container for future use.

## BASIC RECIPES

Below are a few basic recipes to “get you started” or to use as more foods are added into your diet. They will vary depending on what foods you are allowed to use. Be creative with your own favorite recipes too. See the resource list for cookbook suggestions and many more ideas.

**GRANOLA** (Original recipe from The Food Allergy & Anaphylaxis Network. Modify as needed to meet your dietary needs.)

4 cups regular oats (alternatives: barley flakes, rye flakes, spelt (rolled), triticale flakes, or wheat flakes or any combination of the above)  
1 teaspoon ground cinnamon (Alternatives: ground ginger, pure vanilla extract or powder)  
1/4 teaspoon salt  
1/3 cup honey (alternatives: cane or beet sugar, rice syrup, honey crystals, barley malt extract, fruit puree, agave syrup)  
1/3 cup molasses (alternatives: see above)  
1/3 cup water (use more if dry alternatives for honey/molasses were used, or substitute allowed fruit juice concentrates)  
3 tablespoons oil (Use allowed oil. Extra nice ideas are almond or nut oils.)  
1 cup each dates (pitted and chopped) and raisins (Alternative: dried fruit such as apples, apricot, banana chips, blueberries, cherries, coconut, cranberries)  
Add 1/4 - 1/2 cup allowed nuts or seeds as desired for a European type 'muesli' cereal, AFTER baking.

Preheat oven to 325 degrees. Grease jelly roll or 9x13" pan. Set aside. In large bowl, combine grains, seasoning salt; stir well. Set aside. In medium saucepan, combine sweetener, water, and oil (or alternates); bring to a boil. Remove from heat and pour over grain mixture, stirring well to coat. Spoon mixture into jelly roll pan, spreading evenly. Bake 30 minutes or until lightly browned, stirring every 10 minutes. Remove from oven; stir in dried fruit and nuts/seeds. Cool completely before serving.

Serving ideas: Pour into bowl, cover with milk, goat milk, soy milk, rice milk, almond milk or juice.

Or: Pour into bowl. Cover with desired milk or yogurt. Cover and place in refrigerator overnight. Eat softened cereal the next morning.

Or: Cover with milk or juice. Heat to boiling or microwave until soft. Enjoy as a hot cereal. Enjoy.

(Alternative ingredients are available from Bob's Red Mill catalog. Call 1-800-349-2173 to order or find them at [www.bobsredmill.com](http://www.bobsredmill.com). This is a great catalog.)

**EGG FRITATTA** (Baked egg dish with multiple alternatives) This makes a nice breakfast/brunch dish served hot. Chilled, it makes a nice appetizer or take-along snack.

1 small onion, minced (about 1/4 c.) (alternatives - leek, or 2T. garlic or chives)  
2 cups zucchini, sliced (alternatives - cauliflower, broccoli, or yellow squash)  
3 tablespoons oil &/or butter &/or combination of two  
6 eggs, beaten (alternative - 9 egg whites)  
Salt and freshly ground black pepper, to taste  
1 teaspoon dried basil (alternatives - dill, mustard, nutmeg, oregano)  
1 tablespoon parsley (alternatives - green pepper, mushrooms)  
2 - 3 tablespoons grated Swiss cheese (alternatives - any cheese tolerated)  
Additional alternatives: Stir into eggs any one of the following: 1/4 c. minced crab, shrimp, scallops, leftover cooked fish, spinach, well drained tomatoes, mushrooms.

In a 10-inch oven proof skillet, sauté vegetables in butter and/or oil. Combine eggs, seasonings and pour into skillet over sautéed vegetables. Cook over medium heat without stirring, until bottom of mixture is set but top is still soft. Sprinkle cheese on top (if allowed) and place under broiler to finish cooking, melt cheese, and brown

top. Cut into wedges and serve. 3-4 servings. You could also use these ideas to make a single serving. Be creative with what you like and can tolerate.

### **TORTILLAS**

1 cup flour (any allowed grain, or bean flour, or allowed combinations of flour)  
1/8-1/4 teaspoon salt  
1 teaspoon allowed seasoning (optional), more or less depending on preferences  
½ cup water  
2-3 teaspoons allowed oil

In a bowl, mix flour and salt/seasoning. Note: for a puffier tortilla, add a little baking powder (perhaps 1/8 to 1/4 teaspoon). Mix water and oil and add to dry ingredients. Dough should be soft, but not too sticky to handle. If needed, add a bit more water or flour. Knead lightly. Pinch off pieces of dough to form balls (about 1" or desired size). Roll in a little allowed flour to coat. Pat and/or roll into a flat circle about 1/8" thick. Repeat. Heat a heavy skillet or griddle to medium or 350 degrees. Do not oil. Place tortilla on the hot pan and cook for a few minutes, until lightly browned and it starts to appear dry and develop a few air bubbles. Flip and lightly brown other side. Cool and place in an airtight container and store in the refrigerator or freeze for later use. Reheat in a hot skillet, toaster, oven or microwave.

**Notes:** These are better with some grains than others, experiment with half the ingredients until you know they will turn out well. Depending on the flour used, these may be soft and moist or a bit crispy. Lightly oil and fold to eat as bread, or roll allowed foods or pureed fruit inside.

**Easy idea:** Experiment by making "no-roll, poured" tortillas. Use 2/3 to 1 cup water (depending on the flour combination) to make a batter and pour tortillas into pan as cook as above.

### **SALAD DRESSING (or base for spread)**

Typical vinaigrette dressing is 3-4 parts oil to one part acid but can be made with a 2:1 ratio. (i.e. 2 tablespoons oil and 1 tablespoon acid) Experiment with two parts oil to one part acid or juice, then adjust. The acid could be lemon juice, lime juice, orange juice, grapefruit juice, or allowed vinegar.

Vinegars are made from different grains or fruits and/or wine. Read labels carefully before you choose to use vinegar. Distilled white vinegar is one of the safest due to the distillation process if you are not corn reactive. Others vinegars include apple cider, rice wine, white wine, red wine, balsamic, cane, and coconut. Fermented vinegars are likely to contain sulfites as well as amines.

#### **Sample Vinaigrette Recipe:**

3 tablespoons frozen fruit juice concentrate, thawed (optional)  
1 tablespoon allowed vinegar or lemon/lime juice  
2 tablespoons oil  
¼ teaspoon salt  
Seasonings as allowed (pepper, garlic, basil, mustard, onion, leek, sesame seed, etc.)

Whisk or shake well to mix. Cover and refrigerate for up to one week. Before using, let stand at room temperature about 15 minutes, and then shake well. For thicker dressing or spreads get creative by adding pureed olives, avocado, green or red pepper, fruits, beans, finely chopped nuts or nut butters.

### **15 MINUTE HERBED CHOPS OR STEAKS**

½ pound meat: 6 lamb chops, 4 small pork chops, 2 small steaks, etc.  
6 tablespoons fresh lemon, lime juice or fruit juice (as allowed)  
3 tablespoons chopped fresh herbs or dried spice of choice  
3 medium cloves garlic, minced; and/or 2 tablespoons minced onion or leek (optional, as allowed)  
¼ tsp salt

Combine juice, seasonings, pressed garlic, onion, or leek, and salt/pepper as allowed. Rub meat with mixture. Set aside on plate for up to one hour. (Refrigerate if longer.) Prepare rest of your meal at this point. Preheat broiler on high heat, and place a metal oven-proof pan big enough to hold meat under heat to get hot, about 5-7 inches from the heat source. Once pan is hot, place meat on pan, and return to broiler for about 4-10 minutes, depending on thickness of meat and desired doneness. Meat will cook quickly as it is

cooking on both sides at the same time. Serve with a grain pilaf or cooked beans, and steamed vegetables topped with chopped nuts.

### **MICHAL'S NUT-CRUSTED FISH**

Pour small amount of oil in pie pan or deep plate.  
Dip fish in oil and then dip fish in following mixture:

- ½ cup flour (from non-reactive grain)
- ½ cup crushed nuts or seeds (like sesame seeds or finely chopped nuts of choice)
- 1 teaspoon allowed seasoning (optional)
- ½ teaspoon salt (or to taste)

Heat approximately 2 tablespoons oil or ghee or clarified butter in skillet.  
Test oil to make sure it's hot. A drop of water should sizzle and evaporate immediately. Take dipped fish and fry it 3 minutes on each side (or 2 minutes for thick fillets) or until it flakes easily.  
Optional: Squeeze lemon on top.  
Gourmet touch: Arrange fish on top of fruit or vegetable puree (quickie-baby food)

### **CROCKPOT SOUP**

- 1/2 to 2 pounds beef ribs, chicken or turkey
- Choose from the following vegetables, as allowed:
  - 1/2 cup peeled and diced onions, leeks or green pepper
  - 2 carrots peeled and sliced thin
  - 3 stalks celery, sliced
  - 2 cups chopped cabbage or cut up green beans
  - 2-3 cups diced pumpkin, sweet potato, white potato
  - 1 small sliced yellow or zucchini squash (optional-add toward end of cooking)
  - 1 cup whole or sliced mushrooms (optional)
  - 1 14 oz can whole tomatoes drained (optional)
- 1 or 2 big handfuls of allowed whole grains or 2 cups allowed beans
- 1 tsp salt
- 1-2 teaspoons or tablespoons seasoning, your choice (mustard, basil, bay leaf, pepper, cumin, dill, garlic, oregano, paprika, parsley, sesame, turmeric - DON'T use all at once, pick and choose)
- 2 14 oz cans of allowed broth or 4 cups homemade broth

Put vegetables in bottom of crock-pot.  
Add the grain on top of that; next add the tomatoes, and then the meat.  
Add the salt and seasonings and lastly the broth.  
Turn crock-pot on to low for 8 hours. After 8 hours, remove meat bones and if there is any meat left on bones add to stock.  
Add a bag of frozen allowed vegetables of your choice, turn crock pot up to high for an hour or 2.

### **CROCKPOT HERBED MEAT AND GRAIN CASSEROLE**

- (Modify recipe to fit your allowed foods)
- 1 to 1 1/2 pounds boneless chicken, turkey, duck, beef or pork
- 6 to 8 ounces sliced mushrooms, onions, and/or leeks (as allowed)
- 2 cups cut up allowed vegetables
- 2 tablespoons vegetable oil or allowed butter
- 3/4 cup whole grain
- 3 cups allowed broth (canned or homemade according to allowed ingredients)
- 1 tablespoon herb mixture, such as parsley, basil, mustard, thyme, tarragon, etc.

Sauté meat pieces and mushrooms/leek/onion/garlic in hot oil or ghee/butter until lightly browned. Add to bottom of crock-pot. Place veggies on top. Top with allowed grains. Pour broth over all. Top with seasonings. Cover and cook on LOW for 6-8 hours, or until grain is tender (not mushy – refined grains will cook much more quickly.)

### LINDA'S SIMPLE OIL BISCUITS

2 cups allowed flour

3-1/2 to 4 teaspoons baking powder (product with allowed ingredients or homemade with 1 part baking soda, 1 part allowed starch or flour, 2 parts cream of tartar (from grape). Hain Featherweight Baking Powder uses potato starch as the filler – which works well for people who test low reactive to potato)

½ tsp salt

¼ cup allowed oil

¾ cup milk or substitute or water

Preheat oven to 450 degrees. Stir together dry ingredients with a fork until well mixed. Mix oil and liquid with fork. Quickly add liquids to dry ingredients and stir with fork until dough holds its shape. Form into a large ball of dough. Knead just a little for tender biscuits, more for tougher biscuits to use for sandwiches. Lightly flour surface and gently flatten ball with hands to 1/2 to 3/4 inch. Cut out biscuits (or just cut into squares) and place slightly touching (or separated depending on effect desired) onto an ungreased baking sheet. Rub tops of biscuits with a little of allowed oil and bake approximately 10 minutes (8-12 minutes) in a 450 degree oven until lightly browned. Freeze leftovers.

**Notes: For “drop” biscuits,** simply add just a little more liquid or a little less flour to make a softer dough, and drop with spoon or scoop onto ungreased baking sheet. If using all whole-grain flour you may need a little more water. Adjust liquid and flour as needed for a moist, but easy-to-handle dough. At first the dough may seem too sticky, but the liquid is quickly absorbed. These are surprisingly good even with just flour, water, oil, leavening, and water. Olive or sesame oils add a distinctive flavor; use other allowed oils for a bland flavor. For variety, add allowed herbs to the dry ingredients.

### SPREAD IDEAS

We're so accustomed to thinking that a sandwich, salad or baked potato must have butter, salad dressing or sour cream that we often draw a blank as to other possibilities. So, when it comes to alternatives you have to remember to think outside the box! There's a lot of yummy stuff to “spread” without it being butter.

1. IF cheese or milk is allowed, clarified butter or a type of butter called “ghee” is often well tolerated. What makes this different than “regular” butter is that it has been simmered/cooked for nearly an hour, and the “milk solids” are filtered out. This should be tried on a case-by-case basis, but often works well if some other dairy products are already tolerated. You can find ghee in health food or Indian grocery stores, on the internet (do a search for mail-order options), or you can make it yourself if careful with filtering. Here is a link to just one of the many recipes available on the internet:  
[http://www.rwood.com/Recipes/Homemade\\_Ghee.htm](http://www.rwood.com/Recipes/Homemade_Ghee.htm)
2. Olive oil. Many use this in place of butter! For even more flavor, you may add allowed fresh or dried herbs to the oil, then dip your bread in it. (Basil, oregano, parsley and/or lemon juice come to mind.) Other oils may be used in the same way. Try walnut, almond, or sesame oils in place of olive.
3. If peppers are allowed, you can make a yummy red-pepper paste/spread by blenderizing or pureeing in a food processor. Adding black olives or avocado and lemon juice may work well too.
4. If made with allowed oil, how about sun-dried tomato paste? (Check ingredients and benzoates.)
5. Fruit puree: Mash your allowed fruit for a “fruit spread”, or if this is still too runny, puree with some of the same dried or dehydrated fruit. You can also thicken purees by cooking until thickened.
6. Add mashed or sliced avocados to sandwiches.
7. Hummus works great, IF the individual ingredients have been tested and are low-reactive. Hummus is a garbanzo bean/sesame spread that can be made many different ways. It's easy and inexpensive to make yourself if commercial varieties contain your reactive ingredients. Just blend sesame seeds or use tahini; add a can of drained garbanzo beans along with seasonings, and blend until smooth. For seasonings consider

cumin, garlic, pepper, lemon juice, olive or other oils. You may use other tolerated cooked or canned beans as a base.

8. Nut butters: Peanut, cashew, hazelnut, or almond butter? It's easy to make your own in a blender or food processor adding a little allowed oil. Spread with honey, or mashed allowed fruit, or cinnamon.
9. Salad Dressings: Salad Dressing with add-ins. (See RECIPES)

## SHOPPING TIPS

- Organic or all natural foods are preferred. They are a bit more expensive, but you will find they often taste so much better! They are also better for the environment and American family farmers. The higher cost per pound doesn't seem so high when you realize the price of ONE restaurant meal out may offset the cost of buying organic for a week. Although foods grown organically without chemicals, sprays or insecticides are preferable; they are often expensive and not readily available. Buy the freshest foods available even if they are not organic. Plain frozen fruits, vegetables, fish and other seafood are often good and economical choices.
- To find organic, you can check in your local supermarket or health food grocer. Nationally you will find stores such as Whole Foods, Bread and Circus, Central Market, Elliot's Natural Foods, Fresh Fields, Wild Oats, Vitamin Cottage, Trader Joes, Sun Flower, Gelson's, Sprouts, Sunrise Health Food Store, Raley's, Mother Gooch's, Sunnyside Food Market, Basic Foods, and others. There are also mail order organic food company's like [www.naturalgrocers.com](http://www.naturalgrocers.com), [www.diamondorganics.com](http://www.diamondorganics.com), [www.healthy-eating.com](http://www.healthy-eating.com), [www.allergygrocer.com](http://www.allergygrocer.com), [www.sunorganic.com](http://www.sunorganic.com), [www.pacificbakery.com](http://www.pacificbakery.com) and <http://www.frenchmeadow.com/noyeast.htm> (yeast free and alternate flour breads), [www.futtersnutbutters.com](http://www.futtersnutbutters.com), [www.bobsredmill.com](http://www.bobsredmill.com), [www.arrowheadmills.com](http://www.arrowheadmills.com), [www.quinoa.com](http://www.quinoa.com) and [www.quinoa.net](http://www.quinoa.net). There are many more, and many of these sites also have recipes you may search.
- Read labels carefully. If an item contains even one untested ingredient, it's not allowed until "proven" safe in later phases.
- Throughout your phases, foods may be flavored or seasoned only with allowed seasoning, fruits, vegetables, or oils.
- Begin by stocking up on your allowed foods.
- Avoid foods treated with sulfites, processed, smoked or cured meats and other chemicals.
- Look for mainly fresh, frozen, or packed in their own juice products. READ LABELS of ALL foods. If ANY ingredient hasn't been tested, it is not allowed.
- Buy allowed nuts in the shell, as nut butters, or packaged without added oils or seasonings (only salt is allowed).
- Look for allowed oils (made from allowed grains or nuts) in health food stores or special food sections of regular supermarkets. Cold pressed oils are preferable, if available.
- Drink pure water (pure spring water, distilled water, mineral water bottled in glass, or filtered water). Filters can be purchased to purify water as it comes from your tap. An activated charcoal filter will remove most chemical residues.

## RESTAURANT AND TRAVEL SURVIVAL GUIDE

Eating away from home is one of the most challenging parts of staying on your LEAP diet. It can be done successfully, however. Advance planning is important.

A chef's "special recipe" may result in ingredients appearing in unexpected places. Examples include chocolate in Mexican entrées and peanut butter in sauces. LEAP patients could:

- Call ahead and speak with the manager to ensure that your reservation notes that you have food sensitivities.
- Review the menu prior to visiting the restaurant in order to make sure there are "safe" items available. You may be able to find menus online, and several fast food places have online information on common allergens.
- Be warned, a favorite dish that was "safe" in one restaurant may have different ingredients at another restaurant.
- Tell the waiter about your food sensitivities. Share your "reactive food card" and ask that, "None of those ingredients be used in my foods." (Be SURE to get your card back, or better yet, make copies of your card; show your card, but give the wait-staff a paper copy.)
- Verify the ingredients in a meal before ordering. There have been instances where unusual ingredients have been found in seemingly ordinary dishes.
- Be aware that some ethnic restaurants use common ingredients to imitate standard foods. For example, wheat flour or gluten may be shaped and flavored to resemble chicken or beef in vegetarian dishes.

Success in maintaining your LEAP diet while eating out is determined by a number of factors. The first factor is the type of restaurant you choose. Whenever possible, visit the restaurant during off-peak times to determine if they are capable of meeting your diet needs.

The average food service worker will not easily understand your diet restrictions. The more time you spend with the food service personnel explaining your diet limitations and examining your options, the greater chance you have of success.

Personnel with the least time to spend checking ingredients will be at fast-food chain establishments. Even in the less frantic atmosphere of a sit-down restaurant, employees will have little time to check food ingredients from labels. Upscale restaurants offer a less harried atmosphere. It is in this atmosphere that you are likely to find wait-staff willing to take the time to aid in food selection.

The second factor in successful restaurant dining is speaking to the right people. They are:

### ***The wait-staff:***

Enlisting the interest and cooperation of your wait-staff is essential. They can be your best ally or your biggest stumbling block. Even cooperative wait-staff will not be able to take the time you need during mealtime rush hours. Time your meals so the restaurant will not be busy, and you will have access to the personnel necessary to help with your selections.

Be as clear and explicit as possible when talking with the wait-staff. State: "I need your help. I have some food intolerances, and must avoid certain foods. If I eat any reactive foods I will experience pain and misery." Or, just say, "I will get *really* sick and might end up causing a scene. You don't want that, do you?" Or say, "I know my diet is complex, and I will try to order simple foods."

Order specifically. “I would like a steak, broiled on a piece of aluminum foil with no seasonings, a baked potato with butter, a lettuce-only salad with a small slice of lemon and olive oil on the side, plain steamed spinach (green beans, etc.), and coffee/tea/juice/milk.” or “Since this is a complex problem, maybe it would be easier if I spoke to the chef so that s/he will understand my concerns and be able to prepare my food appropriately. Could you show me the way to the kitchen and introduce me?”

***The Chef:***

The person who knows the ingredients in the food is the person who prepares it. The chef is often not the person doing the cooking, but is in charge of supervising the kitchen, ordering supplies and checking recipes for standardization. Two levels of cooks and kitchen assistants work under the chef. Ask the chef who prepares a particular food and talk to that person. Even though basic recipes should be standardized, each cook has his/her own way of preparing foods. A menu item that was safe yesterday may not be today.

The third factor to consider when eating away from home is choosing a specific food. Consider:

***Salads:***

Choose plain salad greens if available such as lettuce or spinach if tolerated. Ask for specific “allowed” vegetables in the salad. If you have doubts, ask the chef, or bring a portion of salad greens from home.

***Salad dressings:***

Commercial companies make most, if not all, salad dressing bases. Determine ingredients by reading the label on the original container. It may be safer to order a lemon wedge and a “safe” oil on the side, or to bring a small container of dressing from home. “House dressings” are usually made from a commercial base with other ingredients added to make it unique to a particular restaurant. Read the label and talk to the person who made the dressing to determine if it is safe to eat.

***Soup:***

Except for selected restaurants, most soups are canned. Read the label. If the soup is made at the restaurant it may contain ingredients not compatible with your diet. Most soups use a soup base, bouillon, or broth which is generally filled with additives. Obtain specific ingredient information from the person who made the soup. Soup is generally not a “safe” choice.

***Main courses: Meat, poultry or fish:***

Whether grilled or broiled, seasoning is used routinely in meat preparation. Specify no seasonings, or only allowed seasonings. Many establishments keep a pot of hot au jus in the kitchen for preparing prime rib. Au jus is a sauce used for flavor and appearance, and usually contains hydrolyzed vegetable protein (a soy product containing MSG), MSG, pepper, garlic, and other numerous ingredients. Request no au jus on your meat. Additionally, meat and poultry is frequently marinated using intolerated or untested ingredients. When making reservations, request no marinade or meat rubs. Also ask if their meats, poultry, or fish have been injected with a brine or flavorings during processing. Emphasize the entrée should be cooked on aluminum foil to avoid contamination from sauce used on other orders. Many establishments also may melt butter on steaks or other meats. Be sure to ask, if this is not compatible with your dietary restrictions.

***Vegetables/Side dishes:***

Many restaurants make a “vegetable of the day” that they add to meals. However, they often have a variety of fresh vegetables available in their coolers, and could easily prepare a small side dish of steamed or microwaved vegetables for you. Request that they do not add any seasonings or sauces. Add your own butter, oil, or salt at the table, if desired. Some restaurants may grill your small serving as well. Ask them to place on aluminum foil to avoid other contaminants from the grill, or use a separate pan.

**Sauces:**

In many fine restaurants, one person is in charge of all sauces. Often the sauce ingredients are a closely guarded secret. If the purpose of your inquiry is clear, the chef will help determine if the sauce has reactive ingredients. Canned sauces are also available in restaurants. Request to check the ingredient list. To avoid questionable sauces, save sauces for eating at home.

**French-fried foods:**

In most restaurants, the same hot oil is used to cook breaded foods and French fries. The batter may contain an intolerated ingredient. There is a possibility of contaminating your French fries with small bits of batter from what has been in the fryer earlier. In large chains where French fries are cooked in separate fryers, there is less chance of contamination, but ask. The type of oil is also a factor, since many may use blends of untested oils and additives.

**Hash browns, mashed potatoes, baked potatoes:**

Few restaurants use fresh potatoes, except baked potatoes. Most “processed” potatoes contain dextrose (corn), sulfites and salt, but read the label to be certain. Ask the person cooking the potatoes what other ingredients have been added, and what oil or butter is used to cook them. Baked potatoes may be your safest bet. Just be sure to ask for condiments “on the side.”

**Non-Dairy products:**

Non-dairy products are often used in restaurants, and may contain intolerated ingredients. Three frequently used non-dairy products are non-dairy creamer, non-dairy potato topping, and non-dairy whipped topping. Ask to read the label.

**Desserts:**

Consider skipping dessert, or have a plain cup of coffee or tea or other allowed drink. Fresh fruit is often available.

**Alcohol/Cocktails:**

Highly distilled vodkas are the safest alcoholic beverages, since distilling removes “reactive” proteins. You may want to “test” a liquor, wine or beer at home, before trying something new in a public setting, and see how you react. Since alcohol is damaging to the GI tract, and abuse is linked to increased food allergies and sensitivities, limit your consumption to one per day for women, two per day for men, maximum. For mixed drinks, verify with the bartender the ingredients in the juice used. Is it pure juice, or a blend? Are their additives? Avoid fancy mixed drinks with “mystery ingredients.”

**Buffets/Salad Bar:**

Often, buffets and salad bars might be your best bet. You may more easily *pick and choose* safe items. Consider getting small portions of “safe” fruits or vegetables, asking if the vegetables could be steamed or microwaved and served to you with a safe entrée. Grocery store salad bars are often good places to buy single servings of vegetables that can be combined for a salad, or steamed for your individual serving of cooked vegetables. Beware that sunflower seeds may contain another seed or grain oil. Mixed salads should be avoided unless you can determine the ingredients.

The fourth and final factor to consider when dining out involves your budget. If a quality restaurant is beyond your budget and you desire the social aspects of dining out, eat something at home before going out, and then order only an entrée or side dish or appetizer (something small but safe). Enjoy the outing for the social aspects, rather than focusing on your food. Let others know you’re “not really hungry” or “being careful to protect your health.” Don’t ruin the social experience by complaining about the limits of your diet, but enjoy your newfound health and the ability to eat without unpleasant surprises or suffering after the meal. If you have had a good dining experience, show your gratitude to the wait-staff and chef for making your dining experience enjoyable by giving a generous tip. Or, for that extra touch, leave a complimentary note with the tip. Compliments are appreciated, and will encourage the staff to take extra care the next time you, or another patron with food sensitivities, visits.

Bon appétit!

**Travel Survival:**

To put it bluntly, travel can be a “pain” in the gut or the head. Traveling by car takes more time, but has certain advantages. Depending on the length of the trip and the season of the year, food from home may be taken and enjoyed along the way.

Warm weather picnic lunches packed with carefully selected foods eaten at rest stops provide freedom from symptoms when you arrive at the destination. Pack with ice, refreezable ice packs, ice in sturdy plastic bags, or loose ice.

Travel by plane can be tricky, depending on the duration of the flight and current rules. Don't eat too much, but drink a plenty of water to stay hydrated. Check with your airline for restrictions about bringing your own foods. Passengers may be expected to make food purchases from airport vendors prior to boarding. If permitted by the airline, some easy carry-on ideas include fruit or fruit juices (amount of liquids may be limited), cheese, nuts, vegetable sticks or baby carrots, other raw veggies, popcorn, crackers, rice cakes, homemade granolas or granola bars, dry cereals, dried meat, or hard boiled eggs kept cool with small cold packs.

Cruise travel may be easier than you think. Cruises are known for lush food creations and sparkling, delicious temptations; but because of the large selection, it is usually possible to choose food that will not limit your good time. It is better to eat less and enjoy other activities onboard than to spend all of your time in the stateroom recovering from a bad food choice. Each meal menu gives the passenger several selections and will usually include acceptable foods. Pick your cruise line wisely.

Attending conferences with set menus presents a major challenge. If possible, contact the conference center's meal supervisor and/or chef in advance. Explain your food restrictions. Ask if meat without sauce or marinade is available. Ask for plain, allowed vegetables; unknown flavor enhancing ingredients are often added. Eat simple foods. Baked potatoes or steamed rice are often a safe choice. Topping your potato with cottage cheese is just as good as sour cream for flavor as well as protein. For the lactose intolerant, add Parmesan cheese and drizzle olive oil and a little vinegar or lemon over the potato. If a salad bar is available, add allowed ingredients to your meal.

As a backup, pack a small bag with some of your own allowed foods, snacks, and safe fresh fruits as discussed above. Use them to supplement your meal. Explain to others that you have food sensitivities, or are on a special diet. It may spark conversation, and since 25% of the population has IBS, migraines or fibromyalgia, your example may be just the word somebody needs to hear to get himself or herself or a family member tested and healthier.

Adapted from articles at [www.foodallergy.org](http://www.foodallergy.org)

## ROTATION DIET TIPS AND SUGGESTIONS

The LEAP Rotation Diet (Phase 6) is normally started four to six weeks after you begin the LEAP Elimination Diet. Foods from the same “Food Family” are consumed only every 3 days whenever possible. This helps prevent new sensitivities from emerging.

The LEAP Rotation Diet provided by Signet can be changed to meet personal preferences as long as certain “rules” are followed in making changes. Ask your dietitian for assistance if needed. The Rotation Diet is arranged according to “Food Families.” (REFER to the “Food Families Guide” chart.)

Note that certain food families are grouped into the same day. Notice the blueberry, cashew, composite, cow’s milk, goosefoot, gourd/melon, laurel, lily, mint, mustard/cruciferae, parsley, plum, potato/solanaceae/nightshade, citrus, and hordeae/gluten families. Each of these families has multiple foods tested with the MRT test. All items from a family are placed together in the same “day.” For example, note that all “cow’s milk” items are on one day. All “mustard family” foods are on one day. All “gourds” should be on the same day. (Some exceptions to this rule are that if there are not sufficient protein/meat selections, pea family foods and fish may be split into two or more days.)

### **BUILDING YOUR DIET:**

When most of your low-reactive (green) LEAP items have been added back to your diet, next start to add “untested” foods. Choose only one new food per day. Compare your reactive foods to the new food you’re going to add back, and decide with an educated guess as to whether the new food is “likely safe” or not. Be sure to continue to keep a good food/symptom diary so you can identify any new foods that you do not tolerate.

For example, if you are reactive to three foods in the mustard/cruciferous family, then add other foods from that family with more caution. On the other hand, if you have no reactive foods in the mustard/cruciferous family, it’s likely many other items in that family are safe to add.

Some foods that are not tested are in their own family. Examples are maple syrup, catfish, or water chestnuts. Add these foods when you are feeling well, and monitor how you respond. If they are not reactive, write them into whichever “Phase 6” day works best for your diet preferences and variety.

As you add new foods, and learn that they are “safe” for you, write them onto your rotation diet sheet, placing them on the same day as other items from that “Food Family.” Your LEAP plan offers an effective way to observe your response to untested foods. In time you will have many new “safe” foods, which will increase the variety of foods in your diet. For some highly reactive people, it is wise to add new items more slowly, perhaps every two to four days and monitor symptoms. If you notice an adverse reaction, then wait until you are feeling better before you add another untested food.

### **CALENDAR IDEAS:**

Keep a “Kitchen Calendar” or personal calendar with large squares. Write 1, 2, 3; 1, 2, 3 across the pages. When it’s Day 1, choose Day 1 foods as much as possible. Jot on the calendar the foods you do eat.

### **CONSIDER STARTING A “NEW DAY” AT YOUR EVENING MEAL:**

Many people think that each “day” of the rotation diet has to be the full “waking day” from breakfast to your evening/dinner meal or snack. However, if your large meal tends to be your dinner/evening meal, consider starting a “new day” just prior to that meal. Day 1 would be “Dinner, Breakfast the next morning, and Lunch the next day, plus snacks; possibly eating “leftovers/planned-overs” from the night before for lunch. Then, start “Day 2” at the next dinner meal, saving leftovers for your next day’s lunch. This simple measure makes a rotation diet much easier for many people, helps with meal planning and reduces waste of food.

## **PERSONALIZING THE ROTATION DIET TO FIT YOUR EATING STYLE:**

You can rearrange foods to fit your eating patterns and preferences. This makes it possible for you to have foods that you like to eat together on the same day. Remember, if you move one food to another day, you must move that entire “family of foods” with it. It may help you to mark the items that are in the same family in some way. It is often a good idea to highlight or check foods that are “in a family by themselves.” These foods can easily be moved to another day. Also, these foods do NOT have to be eaten on the “assigned day” as long as you don’t eat them more often than every three days. **EXAMPLE:** If turkey is in Day 3, but you never cook it at home and rarely eat it, if you’re at a restaurant and turkey is on the menu . . . it doesn’t matter which “day” it happens to be, since you haven’t eaten turkey in over 2 days. However, you may want to pay attention to the side dishes that you choose, and order according to the current “rotation day” for items such as grains, dairy, fruits.

**Find a milk, oil, sweetener, and sour for each day:** Look for or plan a “milk,” an “oil,” a “sugar/sweetener,” and a “sour/vinegar” for each rotation day. This will allow for more options in cooking or for sauces or salad dressings. Ask your dietitian for assistance if needed. For example, maybe you could have cow and oat milk on Day 1, rice and coconut milk on Day 2 and soymilk and goat’s milk on Day 3. Many types of milk can be frozen in one-cup portions with good results.

**Oil ideas:** Since you will be using several oils, buy small containers and keep them in the refrigerator to keep them fresh. It may help to label them with Day 1, Day 2, or Day 3.

**Milk ideas:** Cow’s milk, goat’s milk, soymilk, rice milk, oat milk, zucchini milk, coconut milk, almond, or other nut milk. These are not always interchangeable in a recipe, and may take some experimentation until you find the best uses for each.

**Sugar/sweetener ideas:** Cane sugar, beet sugar, fructose, maple syrup, brown rice syrup, corn syrup, honey, apple, grape, other fruit juice, fruit juice concentrate, sorbitol, saccharin, aspartame, sucralose (these may contain corn), and untested items such as stevia, date sugar, and agave syrup. Natural sweeteners are recommended over artificial sweeteners. The decision to use or not use various sweeteners due to other health concerns should be discussed with your health care provider. Some people will want to avoid various sweeteners for other personal or health reasons. Listing a sweetener here does not necessarily endorse its use.

**Vinegar/sour ideas:** For dressings, vinaigrettes, flavoring: distilled vinegar; apple cider, cane, coconut, rice and raspberry vinegars; red wine or balsamic vinegar (caution if sulfite or amine sensitive); lemon, lime, and grapefruit juice; yogurt, and buttermilk. Another option available to some is using vitamin C crystals (ascorbic acid) which is available in most health food stores.

**Salad dressings:** Consider having a “salad dressing” for each day of the rotation diet. See “RECIPES” for ideas for simple vinaigrettes that can be made by choosing a vinegar/sour, oil, and seasonings within each rotation day. Make them into creamy dressings with yogurt, buttermilk, sour cream, mashed avocados or even finely chopped or ground nuts. Then store in bottles in the refrigerator for up to a week. These can help you build your menu with numerous salads, slaws and sauces.

**Homemade “TV dinners”:** Consider cooking in bulk and freezing meals for later consumption. Purchase some nice freezer-safe storage containers. If you cook a nice pot roast with vegetables and grains; or a crock-pot soup, often these will freeze well. Or freeze individual portions of planned-overs when you do cook. Purchase a roll of masking tape, and a permanent marker. When you place the food in the freezer container, label the container with a piece of masking tape. On the tape, write the date, name of food, and which rotation day (Day 1, 2, 3). Three, six or 27 days later, you have a “TV Dinner” waiting for you, eliminating the need to cook every day, or providing you with quick lunches you can take with you and reheat. Or, this can be a meal to help you adhere to your diet when your family or friends order pizza or some other meal that you know will make you feel worse.

## COMMON & HIDDEN SOURCES OF TEST SUBSTANCES

The following list describes common and potentially hidden sources of the foods on the MRT 170 Profile to assist you in your process of getting better. This list is not exhaustive, as there are dozens of new food products being brought to market every month, but it will go a long way toward making you aware of what to watch out for when shopping or eating out. An obvious rule of thumb is that if you are reactive to it and it says it in the name (for example All Beef Franks, Wheat Thins, Cabbage Rolls, Rice Cakes, Corn Fritters, etc.) don't eat it.

Your success on the LEAP program is directly related to the complete elimination and avoidance of offending foods and chemicals, in all their forms from your diet. This means thoroughly reading labels when shopping and asking about ingredients when eating out. Remember, your improved health is up to you!

Food	Common & Hidden Sources
<b>Almond</b>	Almond butter, almond milk, almond oil, almond paste, candies, cereals, marzipan, Chinese foods, Indian foods, Middle Eastern foods, baked goods, amaretto.
<b>Amaranth</b>	<i>Amaranth is a grain that is becoming more popular as a wheat alternative.</i> Amaranth flour, some specialty baked goods such as breads, muffins, pancake/waffle mixes.
<b>American Cheese</b>	Processed cheeses, fast-food cheeseburgers, packaged macaroni and cheese dinners, nachos, Velveeta.
<b>Apple</b>	Apple butter, apple cider, apple cider vinegar, apple juice, apple pie, applesauce, baked dessert goods, dried apples, dried fruit mixes, fruit juice blends (without apple in the name), preserves or jellies, flavored yogurts.
<b>Apricot</b>	Apricot juice, apricot oil, baked dessert goods, dried apricots, fruit cocktails, fruit juice blends, fruit preserves and jellies, fruit syrups, flavored yogurts.
<b>Asparagus</b>	Soups, frozen mixed vegetables, Chinese foods.
<b>Avocado</b>	Avocado oil, guacamole, Mexican foods.
<b>Banana</b>	Banana chips, baked goods, flavored yogurts, candies.
<b>Barley</b>	All-purpose flour, barley flakes, barley flour, barley sugar, candies, cereals, Ener-G barley mix, enriched flour, malt, malted barley, pearled barley, baked goods, soups, beer, trace amounts in soy and rice milks. <b>VERY COMMON INGREDIENT.</b>
<b>Basil</b>	Italian foods, seasoning mixes, spaghetti sauces, marinara, pesto sauce, soups.
<b>Beef</b>	Beef bouillon, beef broth, beef franks, beef gravies, beef pastrami, beef sausage, brisket, corned beef, ground beef, gravies, hamburger, roast beef, soups, stews, Gelatin capsules.
<b>Beet</b>	Beet greens, soups, sugar, beet sugar, natural food coloring.
<b>Black pepper</b>	Salads, salad dressings, soups, sandwiches, rubs, marinades, <b>VERY COMMON INGREDIENT.</b>
<b>Blueberry</b>	Baked dessert goods, flavored yogurts, ice creams.
<b>Bok Choy</b>	Chinese dishes, soup, stir fry.
<b>Broccoli</b>	Soups, frozen vegetable mixes, slaws, Chinese foods (stir fry).
<b>Brussels Sprouts</b>	Soups, frozen vegetable mixes, slaws.
<b>Buckwheat</b>	Buckwheat flour, buckwheat groats, buckwheat noodles, kasha, pancake mixes, ramen (Oriental) noodles, hot and cold cereals.
<b>Butternut Squash</b>	Soups, roasted veggies, some pasta dishes such as lasagna, butternut squash fries, pizza.
<b>Cabbage</b>	Chinese cabbage, coleslaw, kim chee, prepared salads, soups, sauerkraut.
<b>Cantaloupe</b>	Fresh mixed fruit cocktails, cantaloupe juice.
<b>Cardamom</b>	Indian foods, Middle Eastern foods, curry dishes, rice dishes.
<b>Carob</b>	Chocolate substitutes, deserts, hot cocoa substitutes
<b>Carrot</b>	Carrot juice, spaghetti sauces, mixed vegetable juices like V8, soups, stews.
<b>Cashew</b>	Cashew butter, cashew nut milk, Indian foods, Oriental foods.
<b>Catfish</b>	Fried Catfish
<b>Cauliflower</b>	Soups, mixed frozen vegetables, vegetable slaw.
<b>Cayenne Pepper</b>	Mexican foods, Indian foods, Thai foods, curry mixes and hot spicy foods.
<b>Celery</b>	Mixed vegetable juices, soups, salads, Oriental foods.

<b>Chard</b>	Soups, salads, sautéed chard, stir-fries, greens.
<b>Cheddar Cheese</b>	Casseroles, pizzas, sandwiches, soups, Mexican foods
<b>Cherry</b>	Baked dessert goods, fruit juice mixes.
<b>Chicken</b>	Frozen dinners, soups, chicken bouillon, flavoring in seasoning packets, chicken tenders, buffalo wings, hot wings, chicken nuggets, chicken breast.
<b>Cinnamon</b>	Baked dessert goods, cinnamon tea, chai tea, curry powder, Indian foods, prepared desserts, spiced teas.
<b>Clam</b>	Soups, fried clams, seafood dips.
<b>Cocoa</b>	Baked dessert goods, candies, chocolates, desserts, ice creams, mocha beverages, soft drinks.
<b>Coconut</b>	Baked dessert goods, coconut milk, coconut oil, chocolates, Indian foods, self-basting turkeys, Thai foods. Sodium laureth or lauryl sulfate (soap, toothpaste).
<b>Codfish</b>	Frozen fish sticks and fish dinners.
<b>Coffee</b>	Candies, cappuccino, coffee liqueur, espresso, coffee flavored beverages, decaffeinated coffee.
<b>Coriander Seed</b>	Indian, Middle Eastern and Asian cuisines, spice rubs, marinades, chilis, sauces, soups and curries.
<b>Corn</b>	Anything that says CORN; alcoholic beverages (whiskey, bourbon, American wines, beer) aspirin, baking powder, bacon, baked goods, candies, cheeses, cooking oil, corn starch, starch, cereals, dessert foods, dextrose, maltodextrin, Equal®, Splenda®, Sweet & Low®, fruit juices, fructose, graham crackers, gravies, gum, ham, hominy, jellies, ketchup, lozenges, Mexican and Latin foods, margarines, peanut butters, popcorn, processed meats, soft drinks, toothpastes, vegetable oil mixes, vitamins, vinegar, glucose syrup, quinoa pasta. Some iodized salt. Corn starch or starch in medications. Extremely sensitive people may react to cow's milk, if the dairy cow has eaten corn. <b>VERY COMMON HIDDEN INGREDIENT.</b>
<b>Cottage Cheese</b>	Cottage cheese, Italian foods.
<b>Cow's Milk</b>	Anything that says milk, artificial butter flavor, butter, buttermilk, chocolate, cream, cream cheese, evaporated milk, half and half, ice cream, curds, custard, ghee, hydrolysates (milk protein, protein), lacta- or lacto- anything, lactalbumin, lactalbumin phosphate, lactose, lactulose, sour cream, nougat, pudding, caramel candy and syrups, non-fat dry milk, Ovaltine®, filled candy bars, brown sugar, high protein flour, creamed soups, margarine, skim milk, Simplese®. <b>VERY COMMON HIDDEN INGREDIENT.</b>
<b>Crab</b>	Seafood soups, Seafood dips, salads, soups, imitation crab, Chinese food, crab cakes, stuffed crabs.
<b>Cranberry</b>	Cranberry juice, cranberry sauce, mixed fruit juices, dried cranberries.
<b>Cucumber</b>	Pickles, salads, Middle Eastern sauces, Japanese foods.
<b>Cumin</b>	Curried foods, Indian foods, chili, chili powder.
<b>Date</b>	Baked goods such as breads, cakes or muffins, smoothies, energy bars, date balls.
<b>Dill</b>	Sausage, pickles, dill oil, herbal seasoning mixes.
<b>Egg White</b>	Baked goods, egg white, mayonnaise, albumin, globulin, protein powders, livetin, vitellin, ovo-, ova-, soups, ice creams, dessert foods, mayonnaise, meringue, omelets. <b>VERY COMMON INGREDIENT.</b>
<b>Egg Yolk</b>	Baked goods such as cookies & cakes, breaded foods, batter-fried foods, Caesar salad dressing, cream pies, custards, puddings, ice cream, pasta, omelets. <b>VERY COMMON INGREDIENT.</b>
<b>Eggplant</b>	Eastern European foods, Indian foods, Italian foods, Japanese foods, baba ganoush.
<b>Flax Seed</b>	Flaxseed oil, smoothies, muffins, cookies, breads, granola.
<b>Garbanzo Beans</b>	Also known as chickpeas, bean salads, Indian foods, gram flour, pakoras, hummus.
<b>Garlic</b>	Baked goods, many different ethnic foods, spaghetti sauces, soups, spice mixes. <b>VERY COMMON INGREDIENT.</b>
<b>Ginger</b>	Curry, baked goods, candies, Indian foods, Oriental foods, eggnog, ginger ale, root beer.

<b>Goat's Milk</b>	Goat cheese, goat's yogurt.
<b>Grape</b>	Cream of tartar, grape juice, wine, wine vinegar, tartrate baking powder, cereals, fruit juice blends, raisins.
<b>Grapefruit</b>	Grapefruit juice, fruit juice blends, canned fruit cocktail mixes.
<b>Green Bean</b>	Oriental foods, soups, stews.
<b>Green Pea</b>	Cream peas, crowder peas, split peas, Chinese foods, Indian foods, soups, frozen mixed vegetables.
<b>Green Pepper</b>	Banana peppers, bell peppers of any kind, cubanelle peppers, cherry peppers,
<b>Halibut</b>	Can be prepared baked, seared, or roasted. Served in soups, stews, fish stock.
<b>Hazelnut</b>	Hazelnut oil, mixed nuts, baked goods, nut breads, chocolate candies, flavored coffees.
<b>Honey</b>	Candies, natural soft drinks, sodas, cereals, mixed fruit and juices.
<b>Honeydew</b>	Fresh mixed fruit cocktails.
<b>Hops</b>	Hops beer, root beer, soft drinks.
<b>Kale</b>	Salads, smoothies, kale chips, soups.
<b>Kamut</b>	<b><i>Kamut is a supposed wheat alternative, but is actually very similar antigenically to wheat. If you have a wheat sensitivity of any kind it is best to stay away from kamut.</i></b> Puffed kamut, specialty breads, "wheat-free" breads.
<b>Lamb</b>	Ground lamb, lamb chops, lamb roast, gyros, many ethnic foods.
<b>Leek</b>	Soups.
<b>Lemon</b>	Baked dessert goods, candies, soft drinks, ice creams, ices, condiments.
<b>Lentil</b>	Indian foods, canned soups and stews, veggie burgers.
<b>Lettuce</b>	Salads, sandwiches.
<b>Lima Bean</b>	Canned or packaged soups, frozen vegetable mixes, succotash.
<b>Lime</b>	Beverages such as margaritas, Mexican dishes, salsas, salad dressings, Indian dishes, Thai dishes, baked goods such as key lime pie.
<b>Mango</b>	Indian foods, ice creams, mixed tropical fruit juices.
<b>Maple</b>	Maple syrup, maple sugar, cookies, deserts, anything with maple flavoring
<b>Millet</b>	Millet flour, mixed flours, puffed millet, hot and cold cereals.
<b>Mint</b>	Spearmint and Peppermint, chocolates, candies, baked goods, desserts, cough medicines, herbal teas, chewing gum, Indian foods, Accent <sup>®</sup> , toothpaste, mouthwash.
<b>Mung Bean</b>	Whole beans, bean sprouts, bean paste, soups.
<b>Mushroom</b>	Canned soups and stews, Chinese foods, pizza.
<b>Mustard</b>	Mustard seed, curry powder, Indian foods, spice mixes, potato salad, egg salad, prepared salads.
<b>Navy Bean</b>	Soups, salads, chilis, Boston baked beans.
<b>Nutmeg</b>	Baked goods such as muffins, pies, or cookies. Rice pudding, cider eggnog.
<b>Oat</b>	Ener-G oat mix, oat flour, oat bran, breakfast bars, baked goods, hot and cold cereals.
<b>Olive</b>	Black olives, green olives, olive oil, ethnic foods (Greek, Italian, Middle Eastern).
<b>Onion</b>	Chives, green onions, picante sauce, salsa, many ethnic foods, seasoning and spice mixes, canned or packaged soups, pickles, relishes, condiments, prepared meats. <b>VERY COMMON INGREDIENT.</b>
<b>Orange</b>	Anything orange, orange juice, fruit juice blends, soft drinks, candies.
<b>Oregano</b>	Italian, Indian and Mexican foods, herb/seasoning mixes, spaghetti sauces, sausages, prepared meats.
<b>Papaya</b>	Fruit juice blends, mixed tropical fruits, frozen desserts, flavored yogurts, papain - meat tenderizer and papain digestive enzymes.
<b>Paprika</b>	Chili powder, chili sauce, baked goods, soups, spice/seasoning mixes.
<b>Parsley</b>	Herb/seasoning mixes, soups, salads, garnish.
<b>Peach</b>	Baked dessert goods, fruit juice blends.
<b>Peanut</b>	Anything peanut, beer nuts, mixed nuts, peanut oil, Nu-Nuts <sup>®</sup> , peanut flour, African foods, Chinese foods, Thai foods, candies, chocolate, egg rolls, hydrolyzed plant protein, hydrolyzed vegetable protein, marzipan, nougat, shortening, mayonnaise, cooking oils,

	Indian foods.
<b>Pear</b>	Fruit juice blends, fruit cocktail.
<b>Pecan</b>	Pecan oil, baked goods, candies, chocolates, ice creams.
<b>Pineapple</b>	Candies, fruit juice blends, Chinese foods, digestive enzymes (bromelain).
<b>Pinto Bean</b>	Mexican foods, refried beans, tacos, burritos.
<b>Pistachio</b>	Ice cream, desserts.
<b>Plum</b>	Prunes, prune juice, low fat baked goods.
<b>Pork</b>	Anything pork, bacon, hot dogs, sausages, canned baked beans, soups, Chinese foods, Gelatin capsules.
<b>Pumpkin (flesh)</b>	Baked goods such as pumpkin bread or pumpkin pie, soups, roasted vegetable mixes.
<b>Quinoa</b>	Quinoa pasta.
<b>Rainbow trout</b>	Prepared grilled, baked, seared, smoked, or roasted.
<b>Raspberry</b>	Desserts, candies, flavored yogurts, fruit juice blends, cold cereals.
<b>Red Kidney Bean</b>	Bean salad, chilis, soups, red beans & rice, creole dishes.
<b>Rice</b>	Anything rice (brown or white), miso, mochi, rice noodles, rice flour, rice syrup, saki, suchi, sashimi, Oriental foods, Indian foods, baked goods. Rice starch used in medications/supplements. <b>VERY COMMON INGREDIENT.</b>
<b>Rooibos</b>	Rooibos tea (most common). Can be used as a flavor enhancer in chilis, sauces, smoked meats, and in desserts, like panna cotta or milk tart; and dairy products, like yogurt and milkshakes (typical in South African cuisine).
<b>Rosemary</b>	Soups, stews, chicken dishes, lamb dishes, pork dishes, tomato sauce, pizza, pastas.
<b>Rye</b>	Baked goods, snack crackers, rye crisps, cream of rye, stuffing mixes, dry bread crumbs, triticale flour, whiskey.
<b>Salmon</b>	Chowders, fish stock.
<b>Scallion</b>	Salads, soups, noodle & seafood dishes. Common in Asian & Mexican foods.
<b>Scallop</b>	Frozen seafood dinners, breaded scallops.
<b>Sesame</b>	Oriental foods, ethnic foods and candies, halva, tahini, hummus.
<b>Shrimp</b>	Frozen seafood dinners, Chinese foods, Cajun foods, fish stews.
<b>Sole</b>	Fresh or frozen. Grilled, baked, broiled, roasted.
<b>Soybean</b>	Chocolate, hot dogs, vegetarian hot dogs, soy cheese, soy flour, soy protein powder, soy sauce, tamari, cooking oils, soybean oil, vegetarian hamburgers, meat substitutes, texturized vegetable protein, hydrolyzed vegetable protein, Oriental foods, tofu, tempeh, soy milk. <b>VERY COMMON HIDDEN INGREDIENT.</b>
<b>Spelt</b>	<b><i>Spelt is a supposed wheat alternative, but is actually very similar antigenically to wheat. If you have a wheat sensitivity of any kind it is best to stay away from spelt.</i></b> So-called “wheat free” breads and baked goods.
<b>Spinach</b>	Salads, baked goods, lasagna, Italian foods.
<b>Strawberry</b>	Candies, desserts, fruit juice blends, flavored yogurts, ice creams, syrups.
<b>Sugar, Cane</b>	Also known as <b>sucrose</b> . Baked goods, candies, chocolate, soft drinks, sweetened beverages, cereals, sweets, ice creams, desserts, caramel coloring, processed meats, soups, spaghetti sauce, canned and prepared foods, Succanat <sup>®</sup> , Splenda <sup>®</sup> , brown sugar, molasses. <b>VERY COMMON INGREDIENT</b>
<b>Sunflower Seed</b>	Sunflower oil, mixed nuts, sunflower seed butter.
<b>Sweet Potato</b>	Sweet potato flour, Indian foods, some baked goods, yams.
<b>Tapioca</b>	Tapioca pudding, gluten free breads, soups
<b>Tea</b>	Black tea, green tea, oolong tea, orange pekoe tea, pekoe tea.
<b>Tilapia</b>	Tilapia fish
<b>Tomato</b>	Ketchup, catsup, picante sauce, spaghetti sauce, salsa, mixed vegetable juices, mixed alcoholic drinks, soups, condiments. <b>VERY COMMON INGREDIENT.</b>
<b>Tuna</b>	Tuna salad, tuna fish sandwiches.
<b>Turkey</b>	Ground turkey, turkey franks, turkey sausage, turkey ham.
<b>Turmeric</b>	Curry, Indian foods, Middle Eastern foods, Thai foods, margarines, soft drinks, orange

	cheeses.
<b>Vanilla</b>	Baked goods, candies, soft drinks, beverages, desserts, ice creams, flavored coffees, flavored yogurts.
<b>Venison</b>	Steaks, tenderloin, roasts, sausages, jerky, burgers.
<b>Walnut</b>	Walnut oil, baked goods, candy, mixed nuts.
<b>Watermelon</b>	Fruit juice blends, candies.
<b>Wheat</b>	Anything wheat, all purpose flour, baked goods, bulgur, couscous, hot and cold cereals, crackers, pasta, anything semolina, triticale flour, soy sauce, whole wheat flour, pancake mixes, bread mixes, matzo, cereal binders & fillers, cereal protein, cereal starch, soups. <b>VERY COMMON INGREDIENT.</b>
<b>Whey</b>	Protein shakes, protein bars, energy bars, baked goods, meal replacement powders, canned soups
<b>White Potato</b>	Baked goods, soups, stews, Indian foods, American foods, snack foods, potato starch.
<b>Yeast (Baker's &amp; Brewer's)</b>	Baked goods, hydrolyzed yeast protein, enriched hot and cold cereals, hotdogs, fortified milk, mushrooms, truffles, all kinds of cheeses, vinegars, catsup, fermented beverages, beer, dried fruits, bouillon cubes, soups, leavening, brewer's yeast, vitamin supplements (unless labeled 'yeast free'). <b>VERY COMMON INGREDIENT.</b>
<b>Yogurt</b>	Frozen yogurts, Indian foods, Greek, Mediterranean & Middle Eastern foods.
<b>Zucchini</b>	Fresh or frozen. Soups, salads.

**Caramel Color:** The problem with caramel color is it may or may not contain corn, wheat, cane or beet sugar, milk or barley depending on how it is manufactured. In the U.S.A. caramel color must conform to the FDA standard of identity from 21CFR CH.1. This statute says: "the color additive caramel is the dark-brown liquid or solid material resulting from the carefully controlled heat treatment of the following food-grade carbohydrates: dextrose (corn sugar), invert sugar, lactose (milk sugar), malt syrup (usually from barley malt), molasses (from cane), starch hydrolysates and fractions thereof (can include wheat), sucrose (cane or beet sugar).

**Dextrin:** is an incompletely hydrolyzed starch. It is prepared by dry heating CORN, waxy maize, waxy milo, potato, arrowroot, WHEAT, RICE, tapioca, or sago starches, or by dry heating the starches after: (1) Treatment with safe and suitable alkalis, acids, or pH control agents and (2) drying the acid or alkali treated starch. (1) Therefore, unless you know the source, you must avoid dextrin if you are reactive to any of the above. - May 1997 Sprue-Nik News. (1) Federal Register (4-1-96 Edition) 21CFR Ch.1, Section 184.12277. (2) Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444

## FOOD FAMILIES GUIDE

The Food Families Guide can be used as a reference to help expand your list of allowable foods in your 3-Day Rotation Diet Planner. If you reacted to **more than two** members of the same food family, there is a **possibility** that other members of that family may also be reactive. Please avoid these additional foods if needed. The Food Families Index below can help you find food families for LEAP Test substances. Look for the family (in parentheses) on the chart which follows. Items listed in bold on the chart are items tested on the basic MRT 170

<b>MRT Test Substances Food Families Index</b>			
<p><b>A</b></p> <p>Almond (Plum) Amaranth (Amaranth) American Cheese (Cattle) Apple (Apple) Apricot (Plum) Asparagus (Lily) Avocado (Laurel)</p> <p><b>B</b></p> <p>Banana (Banana) Barley (Grain) Basil (Mint) Beef (Cattle) Beet (Goosefoot) Black Pepper (Pepper) Blueberry (Blueberry) Bok Choy (Mustard) Broccoli (Mustard) Brussels Sprouts (Mustard) Buckwheat (Buckwheat) Butternut Squash (Gourd)</p> <p><b>C</b></p> <p>Cabbage (Mustard) Cane Sugar (Grain) Cantaloupe (Gourd) Cardamom (Ginger) Carob (Pea) Carrot (Parsley) Cashew (Cashew) Catfish (Catfish) Cauliflower (Mustard) Cayenne (Potato) Celery (Parsley) Chard (Goosefoot) Cheddar Cheese (Cattle) Cherry (Plum) Chicken (Pheasant) Cinnamon (Laurel) Clam (Clam) Cocoa (Stericula) Coconut (Palm) Codfish (Codfish) Coffee (Madder) Coriander seed (Parsley)</p>	<p>Corn (Grain) Cottage Cheese (Cattle) Cow's Milk (Cattle) Crab (Crab) Cranberry (Blueberry) Cucumber (Gourd) Cumin (Parsley)</p> <p><b>D</b></p> <p>Date (Palm) Dill (Parsley)</p> <p><b>E</b></p> <p>Egg White (Pheasant) Egg Yolk (Pheasant) Eggplant (Potato)</p> <p><b>F</b></p> <p>Flax seed (Flax)</p> <p><b>G</b></p> <p>Garbanzo (Pea) Garlic (Lily) Ginger (Ginger) Goat's Milk (Cattle) Grape (Grape) Grapefruit (Rue) Green Bean (Pea) Green Pea (Pea) Green Pepper (Potato)</p> <p><b>H</b></p> <p>Halibut (Flounder) Hazelnut (Birch) Honey (No family) Honeydew (Gourd) Hops (Hemp)</p> <p><b>K</b></p> <p>Kale (Mustard) Kamut (Grains)</p> <p><b>L</b></p> <p>Lamb (Cattle) Leek (Lily) Lemon (Rue) Lentil (Pea) Lettuce (Composite) Lima Bean (Pea) Lime (Rue)</p>	<p><b>M</b></p> <p>Mango (Cashew) Maple (Maple) Millet (Grain) Mint (Mint) Mung Bean (Pea) Mushroom (Mushroom) Mustard (Mustard)</p> <p><b>N</b></p> <p>Navy Bean (Pea) Nutmeg (Nutmeg)</p> <p><b>O</b></p> <p>Oat (Grain) Olive (Olive) Onion (Lily) Orange (Rue) Oregano (Mint)</p> <p><b>P</b></p> <p>Papaya (Papaya) p.33 Paprika (Potato) p.34 Parsley (Parsley) Peach (Plum) Peanut (Pea) Pear (Apple) Pecan (Walnut) Pineapple (Pineapple) Pinto Bean (Pea) Pistachio (Cashew) Plum (Plum) Pork (Swine) Pumpkin (Gourd)</p> <p><b>Q</b></p> <p>Quinoa (Goosefoot)</p> <p><b>R</b></p> <p>Rainbow Trout (Salmon) Raspberry (Rose) Red Kidney Bean (Pea) Rice (Grain) Rooibos (Legume) Rosemary (Mint) Rye (Grain)</p>	<p><b>S</b></p> <p>Salmon (Salmon) Scallion (Lily) Scallop (Scallop) Sesame (Sesame) Shrimp (Prawn) Sole (Soledae) Soybean (Pea) Spelt (Grain) Spinach (Goosefoot) Strawberry (Rose) Sunflower Seed (Composite) Sweet Potato (Morning Glory)</p> <p><b>T</b></p> <p>Tapioca (Spurge) Tea (Tea) Tilapia (Tilapia) Tomato (Potato) Tuna (Tuna) Turkey (Turkey) Turmeric (Ginger)</p> <p><b>V</b></p> <p>Vanilla (Orchid) Venison (Deer)</p> <p><b>W</b></p> <p>Walnut (Walnut) Watermelon (Gourd) Wheat (Grain) Whey (Cattle) White Potato (Potato)</p> <p><b>Y</b></p> <p>Yeast - Baker's &amp; Brewer's (Saccharomycetaceae) Yogurt (Cattle)</p> <p><b>Z</b></p> <p>Zucchini (Gourd)</p>

FOOD FAMILY	FOODS IN THE FAMILY
ABALONE (HALIOTIDAE)	Abalone
ALARIACEAE (PHAEOPHYCEAE)	Wakame
ALLIGATOR (ALLIGATORIDAE)	Alligator
AMARANTH (AMARANTHAEAE)	<b>Amaranth</b>
ANCHOVY (ENGRAULIDAE)	Anchovy
ANGLERFISH (LOPHIDAE)	Monkfish
APPLE (POMACEAE)	<b>Apple</b> , apple cider, cider vinegar, <b>pear</b> , quince, loquat
ARUM (ARACEAE)	Poi, taro, malanga, dasheen arrowroot, ceriman
ASPERGILLACEAE	Miso (from soy), citrus mold, blue bread mold, camembert & Roquefort cheese, penicillin
BANANA (MUSACEAE)	<b>Banana</b> , arrowroot, plantains (Arrowroot may also come from a separate family, Maranta Arundinaceae or cassava)
BANGIACEAE	Nori (edible seaweed)
BARBERRY (BERBERIDACEAE)	Barberry, mandrake (or mayapple)
BEECH (FAGACEAE)	Chestnut
BIRCH (BETULACEAE)	Filbert, <b>hazelnut</b> , wintergreen, oil of birch
BLUEBERRY (VACCINIACEAE)	<b>Blueberry</b> , <b>cranberry</b> , huckleberry
BLUEFISH (POMATOMIDAE)	Bluefish
BONITO (CYBIDAE)	Bonito
BROWN ALGAE	Kelp
BUCKWHEAT (POLYGENACEAE)	<b>Buckwheat</b> , rhubarb, sorrel
BUTTERFISH (PHOLIDAE)	Butterfish, harvestfish
CASHEW (ANACARDIACEAE)	<b>Mango</b> , <b>cashew</b> , <b>pistachio</b> , poison ivy
CATFISH (SILURIDAE)	Freshwater <b>catfish</b>
CATTLE (BOVIDAE)	<b>Beef</b> , bison, buffalo (cape, water, etc.), ox, milk, <b>whhey</b> and byproducts from these animals
(CAPRINAE)	Goat, sheep (lamb), <b>milk</b> and byproducts from these animals
COCKLE (CARDIACIDAE)	Cockle
CODFISH (LOTINAE) (MERLUCCINAE)  (GADINAE)	Cusk  Hake, hoki  <b>Cod</b> (scrod), haddock, pollack, whiting
COMPOSITE (COMPOSITAE) (HELIANTHEAE)  (ANTHEMIDEAE)  (CYNAREAE)  (LIGULIFLORAE)	Dahlia, Jerusalem artichoke, <b>sunflower</b> (oil and seeds)  Chamomile, stevia, tarragon  Globe artichoke, safflower (oil)  Belgian endive, chicory, dandelion, endive, escarole, <b>lettuce</b> , romaine, salsify
CRAB (PAGURIDAE)	<b>Crab</b> (all kinds)
CROAKER (SCIAENDAE)	Croaker (all varieties), drum, sea trout
CROCODILE (CROCODYLIDAE)	Crocodile
CUSTARD APPLE (ANONACEAE)	Custard apple, cherimoya, papaw
CYCAD (CYCADACEAE)	Florida arrowroot
DEER (CERVIDAE)	Caribou, <b>venison</b> , elk, moose, reindeer, antelope

DILLENIA (DILLENiaceae)	Kiwi fruit
DORY (ZEIDAE)	John Dory, other types of dory
DOLPHINFISH (CORYPHAENIDAE)	Mahi-mahi
DOVE (COLUMBIDAE)	Dove, pigeon (also called squab)
DUCK (ANATIDAE)	Duck (and duck eggs), goose (and goose eggs)
FLAX (LINACEAE)	Flaxseed (and oil)
FLOUNDER (HIPPOGLOSSIDAE)	Dab, flounder, plaice
FROG (RANIDAE)	Frog
EEL (ANGUILLIFORMES)	Eel
EBONY (EBENACEAE)	Persimmon
GIGARTINACEAE	Carrageen, Irish moss
GINGER (ZINGIBERACEAE)	<b>Cardamom, ginger, turmeric</b> , East Indian arrowroot
GINSENG (ARALIACEAE)	Ginseng
GOOSEBERRY (SAXIFRAGACEAE)	True currant, gooseberry
GOOSEFOOT (CHENOPODIACEAE)	<b>Beet</b> , sugar beet, orach, <b>spinach</b> , <b>Swiss chard</b> , lamb's quarters, <b>quinoa</b>
GOURD, MELON (TURBITACEAE)	<b>Cucumbers</b> ; pickles; melons: canary, <b>cantaloupe</b> , casaba, crenshaw, <b>honeydew</b> , muskmelon, Persian, <b>watermelon</b> ; squash: acorn, summer (crookneck, straightneck, yellow, <b>zucchini</b> ), winter (acorn, <b>butternut</b> , spaghetti, hubbard, pattypan); gherkin; <b>pumpkin</b>
GRACILARIACEAE	Agar, edible seaweeds
GRAINS (GRAMINEAE / POACEAE)	
(BAMBUSEAE)	Bamboo shoots
(HORDEAE)	<b>Barley, kamut, rye, spelt</b> , triticale, <b>wheat</b> (Gluten grains)
(AVENEAE)	<b>Oats</b> (Contains gluten due to cross contamination)
(FESTUCEAE)	Teff
(ORIZEAE)	<b>Rice</b>
(PANICEAE)	<b>Millet</b>
(ANDROPOGONEAE)	Milo, molasses, sorghum, <b>sugar cane</b> and <b>cane sugar</b>
(TRIPSACEAE)	<b>Corn</b>
(ZINZANIA)	Wild Rice
(ACHNATHERUM)	Indian rice grass (Montina)
GRAPE (VITACEAE)	<b>Grape</b> , raisin, commercial dried "currants", wine and wine vinegar, cream of tartar, grapeseed
GROUSE (TETRAONIDAE)	Grouse (partridge)
GUINEA-FOWL (NUMIDIDAE)	Guinea-fowl (and guinea-fowl eggs)
HALIBUT (PLEURONECTIDAE)	<b>Halibut</b>
HARE (LEPORIDAE)	Rabbit
HEMP (CANNABINACEAE)	<b>Hops</b> , marijuana
HERRING (CLUPEIDAE)	Herring, menhaden, sardine, shad
IRIS (IRIDACEAE)	Saffron
JACK (CARANGIDAE)	Jack, pompano
LAMINARIACEAE	Kombu, edible seaweeds

LAUREL (LAURACEAE)	<b>Avocado, bay leaf, cinnamon</b> , sassafras, camphor, gumbo file
LILY (LILIACEAE)	<b>Onions, garlic</b> , chives, <b>leeks</b> , shallots, green onions, <b>asparagus</b> , sarsaparilla, aloe vera
LOBSTER (HOMARIDAE)	Crayfish, lobster
MACKEREL (SCROMBRIDAE)	Mackerel
MADDER (RUBIACEAE)	<b>Coffee</b>
MALLOW (MALVACEAE)	Cottonseed (oil), hibiscus, okra
MAPLE (ACERACEAE)	<b>Maple</b> sugar, maple syrup
MINNOW (CYPRINIDAE)	Carp, chub, minnow
MINT (LABIATAE)	<b>Basil</b> , catnip, horehound, lemon balm, marjoram, <b>mint, oregano</b> , peppermint, <b>rosemary</b> , sage, savory, spearmint, thyme, bergamot, chia, betony, clary, hyssop, summer savory, menthol
MORNING-GLORY (CONVOLVULACEAE)	Jicama, <b>sweet potato</b> , camote
MULBERRY (MORACEAE)	Breadfruit, fig, mulberry
MULLET (MUGILIDAE)	Mullet
MUSHROOM (BOLETACEAE, RUSSULACEAE, AGARICACEAE)	<b>Mushrooms</b> , puffballs, truffles
MUSSEL (MYTILIDAE)	Mussel
MUSTARD (CRUCIFERAE)	Horseradish; arugula, <b>mustard</b> (greens and seed); radish; rutabaga; turnip; <b>cabbage; broccoli; Brussels sprouts; cauliflower</b> ; Chinese cabbage ( <b>bok choy</b> ); collards; <b>kale</b> ; kohlrabi; canola (oils and seeds); rapeseed; cress (curly, garden, upland, and water)
MYRTLE (MYRTACEAE)	Allspice, clove, guava, Jamaica pepper, eucalyptus
NUTMEG (MYRISTICACEAE)	<b>Nutmeg</b> , mace
OLIVE (OLEACEAE)	<b>Olives</b> : green, black, ripe, olive oil
OCTOPUS (OCTOPODIDAE)	Octopus
OPOSSUM (DIDELPHIDAE)	Opossum
ORCHID (ORCHIDACEAE)	<b>Vanilla</b>
OREO (OREOSOMATIDAE)	Oreo dory
OXALIS (OXALIDACEAE)	Carambola
OYSTER (OSTREIDAE)	Oyster
PALMARIACEAE	Dulse (edible seaweed)
PALM (PALMACEAE)	<b>Coconut, date</b> , hearts of palm
PAPAYA (PAPAYACEAE)	<b>Papaya</b>
PARSLEY (UMBELLIFERAE)	Anise, caraway, <b>carrot</b> , celeriac, <b>celery</b> , celery seed, chervil, <b>coriander, cumin, dill</b> , fennel, <b>parsley</b> , parsnip, lovage, cilantro
PASSIONFLOWER (PASSIFLORACEAE)	Passion fruit
PEA (LEGUMINOSAE) (PAPILIONOIDEAE)	Alfalfa; clover; beans: aduki, anasaki, black turtle, fava, great northern, <b>green, kidney</b> , lima, lupine, <b>mung, navy</b> , pinto, snap, string, <b>soy, garbanzo, locust (carob), lentil</b> , lupine, masur, purple-hull, split; <b>peanut</b> or groundnut; peas: black-eyed, <b>chick, green</b> ; kudzu; licorice
(MIMOSACEAE)	Gum acacia, gum arabic, gum tragacanth, senna
(CAESALPINOIDEAE)	Tamarind (seasoning)
PEPPER (PIPERACEAE)	Peppercorns, white pepper, black <b>pepper</b>
PERCH (PERCIDAE)	Perch, walleye

PHEASANT (PHASIANDAE)	<b>Chicken</b> (and chicken <b>eggs</b> ), pheasant, quail, Cornish game hen
PIKE (ESOCIDAE)	Blackfish, muskellunge, pickerel, pike
PINE (PINACEAE)	Pinenuts, juniper (gin)
PINEAPPLE (BROMELIACEAE)	<b>Pineapple</b> NOTE: Bromelain is derived from the stem of the pineapple, comprised of different proteins than the pineapple fruit, and generally safe as a nutritional supplement.
PLUM (DRUPACEAE)	Almond, apricot, cherry, chokeberry, nectarine, peach, plum, prune
POPPY (PAPAVERACEAE)	<b>Poppy seed</b>
PORGY (SPARIDAE)	Porgy
POTATO (SOLANACEAE)	<b>Eggplant, potato</b> , tobacco, <b>tomato</b> , peppers: <b>cayenne</b> , chili, green, hot, <b>paprika</b> , pimiento, red, tomatillo, jalapeno, <b>bell</b> (yellow, gold, green, red)
PRAWN (PENEIDAE)	Prawn, <b>shrimp</b>
PROTEA (PROTEACEAE)	Macadamia nut
ROUGHY (TRACHICHTHYIDAE)	Orange roughy, other types of roughy
ROSE (ROSACEAE)	Blackberry, boysenberry, dewberry, loganberry, longberry, raspberry, rosehip, <b>strawberry</b> , youngberry
RUE / CITRUS (RUTACEAE)	Angostura, calamondin, citron, <b>grapefruit</b> , kumquat, <b>lemon, lime</b> , mandarin, murcot, <b>oranges</b> , pomelo, Satsuma, shaddock, tangerine, tangelo, ugly fruit
SACCHAROMYCETACEAE	<b>Baker's yeast, brewer's yeast</b>
SAILFISH (ISTIOPHORIDAE)	Marlin, sailfish
SALMON (SALMONIDAE)	<b>Salmon, trout</b> (all freshwater varieties)
SAPUCAYA (LECYTHIDACEAE)	Brazil nut, paradise nut
SCALLOP (PECTINIDAE)	<b>Scallop</b>
SCORPIONFISH (SCORPAENIDAE)	Scorpionfish
SEA BASS (SERRANIDAE)	Grouper, sea bass
SEA CATFISH (ARIIDAE)	Sea catfish
SEDGE (CYPERACEAE)	Water chestnut
SESAME (PEDALIACEAE)	<b>Sesame seeds, sesame oil</b>
SILVERSIDE (ATHERINIDAE)	Silverside
SMELT (OSMERIDAE)	Smelt
SNAIL (HELICIDAE)	Edible snails
SNAPPER (LUTJANIDAE)	Mutton snapper, red snapper
SOFT-SHELLED CLAM (MYACIDAE)	Soft-shelled clam
SOLE (SOLEDAE)	<b>Sole</b>
SPURGE (EUPHORBIACEAE)	Castor oil, cassava, <b>taapioca</b> , yucca, (arrowroot from cassava)
SQUIRREL (SCIURIDAE)	Squirrel
SQUID (LOLIGINIDAE)	Squid, cuttlefish
STERCULA (STERCULIACEAE)	Chocolate, <b>cocoa</b> , cola nut
STURGEON (ACIPENSERIFORMES)	Sturgeon (caviar)
SUCKER (CATASTOMIDAE)	Sucker
SUNFISH (CENTRARCHIDAE)	Black bass, crappie, freshwater bass, sunfish
SWINE (SUIDAE)	Swine, pig, <b>pork</b> , ham, bacon, wild boar, bear
SWORDFISH (XIPHIDAE)	Swordfish
TEA (THEACEAE)	<b>Black tea, green tea, orange pekoe, pekoe</b>
THICK-SHELLED CLAM (VENERIDAE)	Thick-shelled <b>clam</b>
TILAPIA (CICHLIDAE)	<b>Tilapia</b>
TUNA (THUNNIDAE)	Albacore, <b>tuna</b>
TURBOT (BOTHIDAE)	Turbot, California halibut
TURKEY (MELEAGRIDIDAE)	<b>Turkey</b> , turkey eggs

TURTLE (CHELONIDAE)	Terrapin, turtle
WALNUT (JUGANDACEAE)	Black <b>walnut</b> , English walnut, pecan, hickory, white walnut
WATER LILY (NYMPHAEACEAE)	Lotus
WHEY (Cattle)	<b>Whey</b>
WHITEFISH (COREGONIDAE)	Whitefish
YAMS (DIOSCOREACEAE)	Yams, Chinese potato, cush-cush, yampee, water yams, yellow yams, black yams, elephant's foot (NOT SWEET POTATO)

# FOOD SENSITIVITY RESOURCES

## Reference Books:

Food Allergies & Food Intolerance: The Complete Guide to Their Identification and Treatment, by Dr. Jonathon Brostoff and Linda Gamlin. This is one of the best books available on the subject. It's detailed yet easy to understand and covers all types of adverse food reactions as well as specific strategies to use to identify your reactive foods. It also provides useful reference information, helping the food sensitivity sufferer to treat the problem.

Food Allergy Survival Guide: Surviving and Thriving with Food Allergies and Sensitivities, by Vesanto Melina, MS, RD, Jo Stepaniak, MEd and Dina Aronson, MS, RD. Great resource AND recipe book-dairy, egg, fish, gluten, peanut, shellfish, soy, nut, wheat, yeast free. Also, vegetarian.

Beyond Antibiotics: Boost Your Immunity and Avoid Antibiotics, by Dr. Michael A. Schmidt: The latest edition of this guide presents additional evidence that modern medicine's continuing reliance on antibiotics as a prime weapon against illness deserves rethinking. Here the author suggests many natural methods to strengthen the body's immune system.

Dr. Braly's Food Allergy and Nutrition Revolution: For Permanent Weight Loss and a Longer, Healthier Life, by James Braly: The initial event that creates an environment for many diseases is commonly a breakdown of the body's natural ability to maintain health (i.e. immune system deficiencies). Dr. Braly's book offers excellent information that explains how your body should work, why it doesn't, and what you can do to make it work properly just by modifying your diet.

Essential Fatty Acids in Health and Disease, by Edward N. Siguel: Dr. Siguel's mathematical expertise and medical knowledge have led him to expand our understanding of the role of fatty acids in health and disease. This readable book synthesizes years of his original research into a unique message and practical recommendations. Once read, you will have a greater understanding of the role of fats in disease prevention and management.

Food Allergies Made Simple, P. Austin; A. Thrash, M.D.; and C. Thrash, M.D.: Doctors Agatha and Calvin Thrash have practiced medicine for almost 30 years; of which they have spent 15 years in the study and practice of natural methods of healing disease. This book contains practical answers and techniques for evaluating what foods may cause sensitivities, and ways to eliminate elements causing the problem.

The 20-Day Rejuvenation Diet Program, by Dr. Jeffrey S. Bland: Using the latest information in nutritional science, Dr. Bland has designed a program to inhibit the aging process and enhance your energy and vigor.

The Yeast Connection Handbook, by William G. Crook: Dr. Crook's research has shown that many health disorders in both men and women can be traced to an overgrowth in the body of common yeast, candida albicans. This revised edition of his popular handbook on the subject contains 25% new information, including data on health problems in children, interstitial cystitis, endometriosis, multiple sclerosis, alternative medicine, and non-prescription anti-yeast medications.

The Yeast Connection and the Woman, by William G. Crook: This comprehensive wellness plan focuses on candida albicans; what it is, how it causes illness, and why women are affected by it more than men. Dr. Crook provides information about these problems and their management, which can prepare his readers to take control of their bodies.

Why Can't My Child Behave?, by Jane Hersey: Sometimes good parents have difficult children. If you find yourself dealing with a child whose behavior simply doesn't make sense, and the parenting techniques you have tried aren't working, take heart, you have a lot of company. This book is about parents who have faced the issues you are dealing with and have found solutions. It shows that some foods and some chemicals added to

foods can affect how a person behaves, their ability to pay attention and to learn. For more than two decades, parents have translated this research into practical, everyday how-to's. This book will introduce you to families, tell how they changed their children's behavior, and show what you can do to help your child and yourself today.

5001 Mysteries of Liquids & Cooking Secrets Plus 100 Recipes by Dr. Myles H Bader: Fun and interesting book about all types of liquids, ingredients used in processing (wine, beer and alcohols) and just interesting stuff. Great 'sleuthing' source.

## **Cookbooks:**

Allergy Cooking with Ease, Nicolette Dumke: This book contains over 250 original, delicious recipes using a variety of flours and includes both vegetarian recipes and those made with a variety of unusual sources of protein. Recipes can be found for those special foods that most food allergy patients think they will never eat again. This is an essential addition to any food allergy culinary bookshelf.

Allergy Free Eating: Key to the Future, by Liz Reno: This book is for those suffering from immune disorders and allergies, as well as those seeking a healthy lifestyle. Easy to understand, it provides delicious allergen free recipes with lots of food substitutions. Whether used by a health care professional or individuals suffering from allergies, this guide offers a lifeline toward healthful life changes in cooking and eating.

Allergy Recipes, Sally Rockwell: Dr. Rockwell's personal experience with food allergies contributes meaningful insight into healing from allergies with rotation food planning. Her color coded guide makes planning family meals fun while avoiding all grains, soy, peanut, milk products, eggs, yeast, and refined sugars.

Allergy Self Help Cookbook, Marjorie Hunt Jones: An easy-to-follow collection of more than three hundred recipes for allergy sufferers explains how to cook delicious meals without using such common allergens as milk, wheat, eggs, corn, yeast, sugar and others. This book delivers many methods to remain on a precise diet without monotony.

Easy Breadmaking for Special Diets, by Nicolette Dumke: This is the perfect book for bread machine owners who bake for anyone on a "special" diet which includes: wheat-free, milk and lactose-free, egg-free, gluten-free, yeast-free, sugar-free, low fat, and high to low fiber diets. Ms. Dumke provides great insight into the use of bread machines with some of the more difficult ingredients that are used on special diets. Best of all, these recipes really work and produce delicious breads that will appeal to everyone, regardless of diet!

The Gluten-Free Gourmet Cooks Fast & Healthy: Wheat-free With Less Fuss and Fat, Bette Hagman: Responding to the needs of those who must whip up a gluten-free meal the end of a working day, the author of *The Gluten-free Gourmet* and *More from the Gluten-Free Gourmet* has created over 275 recipes for gluten-free pasta, baking, and soup mixes that are just as easy to use as any supermarket variety. Hagman also provides a rich array of recipes for breads, cakes, cookies, and pastries.

Good Food Gluten Free, H.C. Hills: A program full of nutritious foods without wheat, rye, oats, or other foods containing gluten. Also included are listings of forbidden foods and tips for avoiding reactive foods at parties and restaurants.

How to Cook Everything or How to Cook Everything: The Basics, by Mark Bittman: Simple recipes anybody can cook, including many of the LEAP tested foods, from pasta, grains and beans to duck, fish, shellfish, pork, poultry, beef and lamb. Also basic fruit, vegetable and egg recipes. For the beginner cook, but also enjoyable for the seasoned cook. (Seasoned as in years cooking, not highly spiced!)

The Lactose-Free Family Cookbook, Jan Main: Here's a cookbook that's full of dairy-free recipes for all those millions of Americans who are lactose intolerant. The author has reinvented 150 popular recipes that rely on

butter, milk, and cheese. Without these ingredients, you get the added bonus of lower fat and cholesterol while still providing the essential calcium that can be lost without dairy products.

Superfoods: Allergy Recipes, by Marjorie H. Jones: 36-page booklet, 60 recipes using 6 best alternatives to wheat - pancakes to piecrust, casseroles to cobblers, unique family-tested recipes. Also omits milk, egg, sugar, citrus and other common allergens. Concise, yet packed with simple, good tasting recipes.

Vegan Handbook, Debra Wasserman: Featuring over 200 delicious recipes, this book is a much-needed guide for the novice as well as the long-term vegetarian.

The Yeast Connection Cookbook: A Guide to Good Nutrition and Better Health, by William G. Crook and Marjorie Hurt-Jones: This book offers authoritative information on foods that promote good health for everyone, including those who do not have a yeast problem. In addition to 225 family and kitchen-tested recipes, this book discusses food contaminants and provides suggestions for obtaining safe foods. It also gives detailed instructions for overcoming food allergies.

## Periodicals:

**Allergy Hotline**, a monthly newsletter that contains the most timely news regarding allergy-related reports. Analyses, book reviews, recipes, and information for allergy-free surroundings.  
(407) 628-1377

**Canary Connect News** is a newsletter with the most current information on Candida-connected networks. (319) 351-2317

**Changing Appetites**, a monthly newsletter of resources, and delicious recipes for allergy-free eating.  
(805) 563-1321

**Here's to Your Health**, monthly newsletter written by radio's Dr. Donald Carrow. Provides information on the latest findings in nutritional science.

**The Food Allergy Network**, a bi-monthly newsletter with practical guidelines, allergy-free recipes, articles written by dietitians, and nutritional product information. (800) 929-4040 or [www.foodallergy.org](http://www.foodallergy.org)

**The Newsletter for People with Lactose Intolerance and Milk Allergy** is a bi-monthly newsletter with information for the milk-sensitive population. Consists of product and nutritional news and recipes. (313) 572-9134

**Veggie Life** is a healthy lifestyle magazine that covers natural living from the ground up. With more than 100 full color pages of tips, techniques, and recipes, Veggie Life is the only healthy lifestyle magazine that covers natural living from the ground up.

EGW Publishing Co.  
1041 Shary Circle  
Concord, CA 94518  
[www.veggielife.net](http://www.veggielife.net)

## Support Groups:

DEVELOPMENTAL DELAY REGISTRY: Support and information for developmental delays in children such as ADD, ADHD, Autism, PDD, etcetera. (301) 652-2263 or visit their website at [www.devdelay.org](http://www.devdelay.org)

THE FEINGOLD ASSOCIATION OF THE U.S.: Support and nutritional programs for ADD, ADHD, and Autism. (800) 321-3287 or visit their website at [www.kidsource.com/feingold](http://www.kidsource.com/feingold)

## Catalogs for Alternative Foods and Recipes:

AZURE STANDARD: A natural foods distributor provides a large selection of organic and natural foods and supplements and specialty foods for special diets. Azure Standard delivers to most of the Northwest, and ships all over the country. To request a catalog, call (541) 467-2230 or [www.azurestandard.com](http://www.azurestandard.com).

BOB'S RED MILL: Great catalog of special grains, seeds, flours, cookbooks. (800) 349-2173 or [www.bobsredmill.com](http://www.bobsredmill.com).

DIETARY SPECIALTIES: Catalog of special grains and items that are ready-made for gluten-free and low protein diets. (888) 640-2800 or [www.dietspec.com](http://www.dietspec.com).

EDEN FOODS: Call or write to be included on mailing list and for free recipes. Call (800) 248-0320 or [www.edenfoods.com](http://www.edenfoods.com). (No catalog)

ENER-G FOODS: Specializes in foods without wheat, gluten, egg, milk, soy, corn, and yeast. Also low protein products. (800) 331-5222 or [www.ener-g.com](http://www.ener-g.com) for personalized recipes according to the criteria of your diet. Catalogs available: Allergy, Gluten-free, Low Protein

THE GLUTEN-FREE PANTRY: Gourmet baking mixes and cookbooks for the gluten-free diet. (860) 633-3826 or [www.glutenfree.com](http://www.glutenfree.com).

KING ARTHUR FLOUR BAKER'S CATALOGUE: Color catalog of baking supplies, flours, and recipes. (800) 827-6836 or [www.kingarthurfLOUR.com](http://www.kingarthurfLOUR.com).

THE MEAT SHOP: Supplies natural certified organic beef, chicken, and pork. Will ship one-day Air anywhere in the U.S. Call or write for information and prices (253) 537-4490 or <https://www.facebook.com/The-Meat-Shop-of-Tacoma-136928314141/>

SOY CONNECTION: Call to receive free information and recipes (800) 825-5769 or [www.soyconnection.com](http://www.soyconnection.com)

TAHOMA CLINIC DISPENSARY: Stocks many natural foods and supplements for your special dietary needs. Will ship anywhere. (888) 893-6878 or [www.tahoma-clinic.com](http://www.tahoma-clinic.com).

## Allergy-Free Eating Food Sources:

Numerous specialty and organic products:

VITAMIN COTTAGE NATURAL GROCERS: (800) 817-9415 or [www.naturalgrocers.com](http://www.naturalgrocers.com)  
Products generally found at health food stores, at a reasonable prices.

The Hain Specialty Group: <http://www.hain-celestial.com/brands.php>  
Parent company of many brands. Many of the sites below have recipes and store locators as well as product information, nutritional information and ingredient listings.

Arrowhead Mills: [www.arrowheadmills.com](http://www.arrowheadmills.com)

Hollywood Oils: [www.hollywoodoils.com](http://www.hollywoodoils.com)

Hain Pure Foods: [www.hainpurefoods.com](http://www.hainpurefoods.com) Store locator also.

Imagine Foods: [www.imaginefoods.com](http://www.imaginefoods.com) Soups and stocks (Phase 6)

Westbrae Natural: [www.westbrae.com](http://www.westbrae.com) Vegetarian products; beans, soups, pasta, vegetables, condiments, Japanese products, rice and soy beverages.

Rice Dream: [www.tastethedream.com](http://www.tastethedream.com) Rice and soy beverages and non-dairy ice cream. (800) 434-4246

Westsoy: [www.westsoy.biz](http://www.westsoy.biz) Soy beverages

Freebird: [www.freebirdchicken.com](http://www.freebirdchicken.com) Organic chicken

KA-ME Products: (201) 843-8900 <http://www.kame.com/products> Noodles, vinegars, fruits, vegetables, rice crackers and more

Amaranth seed, flour, puffed or whole seeds:

Nu-World Amaranth, Inc., (630) 369-6819 or [www.nuworldamaranth.com](http://www.nuworldamaranth.com)

Northern Quinoa Corporation [www.quinoa.com](http://www.quinoa.com)

Breads and Baked goods – Various grains; some yeast free.

SPECIAL FOODS: Cassava, Malanga, Lotus, Amaranth, Milo, White Sweet Potato and more. Specialty and unusual grains, tortillas, breads, baking powders and more - made with various starches besides corn and wheat. Call for catalog. (703) 644-0991 or [www.specialfoods.com](http://www.specialfoods.com).

FRENCH MEADOW BAKERY: (612) 870-4740 or [www.frenchmeadow.com](http://www.frenchmeadow.com).

EDEN FOODS: Call or write to be included on mailing list and for free recipes. Call (800) 248-0320 or [www.edenfoods.com](http://www.edenfoods.com).

Buckwheat products and recipes

BIRKETT MILLS: (315) 536-3311 or [www.thebirkettmills.com](http://www.thebirkettmills.com).

Egg replacer:

ENER-G FOODS, INC. (206) 767-6660 / (800) 331-5222 or [www.ener-g.com](http://www.ener-g.com).

Fresh fruits, vegetables, nuts:

DIAMOND ORGANICS: [www.diamondorganics.com](http://www.diamondorganics.com). High end, speciality organic produce for overnight delivery.

BULK FOODS ONLINE: (419) 537-1713 or [www.bulkfoods.com](http://www.bulkfoods.com). Spices, herbs, dried fruits and vegetables, nuts

JUST TOMATOES: (800) 537-1985 or [www.justtomatoes.com](http://www.justtomatoes.com). Sulfite free, organic dried fruits and vegetables for snacking.

Grains:

NORTHERN QUINOA CORPORATION (866) 368-9304 or [www.quinoa.com](http://www.quinoa.com).

Amaranth, barley, beans, buckwheat, garbanzos, flax, flours, lentils, millet, oats, peas, quinoa, rye, spelt, spices, wheat, wild rice.

ATTUNE FOODS: <http://www.attunefoods.com/>.

Various natural cereals, hot and cold, gluten free, single ingredient. Recipes. (Uncle Sam, Erewhon, Farina Mills, New Morning brands)

Gelatin, agar:

Elden Foods, Inc., Clinton, MI 49236

Organic foods and exotic meats such as game & game birds of the U.S. and a few foreign animals:

Czimer Food, Inc., Route 1, Box 285, Lockport, IL 60441

Persimmons, zapota, cherimoya, prickly pear, avocado, & pomegranate:

Sam King, Alvarado Street, Fairmont, CA 94530

Quinoa flour and cereal:

Northern Quinoa Corporation, (800) 237-2304 [www.quinoa.net](http://www.quinoa.net) and [www.quinoa.com](http://www.quinoa.com).

Rice cakes:

Arden Organic, 99 Pond Road, Asheville, NC 28806

Hain Pure Food Company, Inc., Los Angeles, CA 90061

Rice crackers:

Chico San, Inc., 1144 W. First Street, Chico, CA 95926

Glass-canned natural Alaskan salmon with no seasonings or preservatives:

Briggs Way Company, Ugashik, AK 99683 [Info@briggsway.com](mailto:Info@briggsway.com).

Unsweetened spreads (raspberry, strawberry, & other fruits):

Westbrae Natural Foods [www.westbrae.com](http://www.westbrae.com) and Eden Foods [www.edenfoods.com](http://www.edenfoods.com).

For additional sources of organic/whole foods, contact:

Natural Foods Associates, P.O. Box 210, Atlanta, TX 75555

(214) 796-4136





# Follow-up Symptom Survey

Ver 5-14

Date:	Patient Name:	Practitioner:
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**INSTRUCTIONS:** Score every symptom based on your experience **OVER THE PAST WEEK**. Using the SCALE OF SYMPTOM POINTS listed below, FILL IN the appropriate score to the left of EVERY symptom listed. Write the "Grand Total" at the top. Also note the number of missed work days you have had in the last week due to illness.

SCALE OF SYMPTOM POINTS		Grand Total:	# Missed Work Days
<b>IF you did not suffer from the symptom ever or almost never, leave it blank.</b> 1 = <b>OCCASIONALLY</b> (less than 2 times per week) and symptom was <b>MILD</b> 2 = <b>FREQUENTLY</b> (2 or more times per week) and symptom was <b>MILD</b> 3 = <b>OCCASIONALLY</b> (less than 2 times per week) and symptom was <b>SEVERE</b> 4 = <b>FREQUENTLY</b> (2 or more times per week) and symptom was <b>SEVERE</b>			
<b>CONSTITUTIONAL</b>		<b>MUSCULOSKELETAL</b>	
Fatigue (sluggish, tired)	<b>NASAL/SINUS</b>		Joint pains
Hyperactive (nervous energy)	Post nasal drip		Stiff joints
Restless (can't relax/sit still)	Sinus pain		Muscle aches
Daytime sleepiness	Runny nose		Stiff muscles
Insomnia at night	Stuffy nose		Tics (facial or otherwise)
Malaise (feeling lousy)	Sneezing		Muscle spasms
Seizures	<b>TOTAL (0-20)</b>		Muscle cramps
<b>TOTAL (0-28)</b>	<b>MOUTH/THROAT</b>		<b>TOTAL (0-28)</b>
	Sore throat		
<b>EMOTIONAL/MENTAL</b>	<b>Swollen throat</b>	<b>CARDIOVASCULAR</b>	
Depression	Swelling/burning lips/tongue		Irregular heartbeat
Anxiety (fears, uneasiness)	Gagging/throat clearing		High blood pressure
Mood swings (rapid changes)	Canker sores		<b>TOTAL (0-8)</b>
Irritability	Difficulty swallowing	<b>DIGESTIVE</b>	
Forgetfulness	<b>TOTAL (0-24)</b>		Heartburn/reflux
Lack of concentration/Brain fog	<b>LUNGS</b>		Stomach pains/cramps
Low sex drive	Wheezing		Intestinal pains/cramps
<b>TOTAL (0-28)</b>	Chest congestion		Constipation
<b>HEAD/EARS</b>	Dry cough		Diarrhea
Headache (not migraine)	Wet cough		Bloating sensation
Migraine	Shortness of breath		Gas (of any kind)
Earache	<b>TOTAL (0-20)</b>		Nausea
Ear infection	<b>EYES</b>		Vomiting
Ringling in ears	Red or swollen eyes		Painful elimination
Itchy ears	Watery eyes		<b>TOTAL (0-40)</b>
Discharge from ears	Itchy eyes	<b>WEIGHT MANAGEMENT</b>	
Sensitivity to sound	Dark circles or "bags"	Current weight:	
<b>TOTAL (0-32)</b>	Sensitivity to light		Fluctuating weight
<b>SKIN</b>	Aura		Food cravings
Blemishes, acne	<b>TOTAL (0-24)</b>		Water retention
Rashes or hives	<b>GENITOURINARY</b>		Binge eating or drinking
Eczema or psoriasis	Increased urinary frequency		Purging (all methods)
"Rosy" cheeks	Painful urination		<b>TOTAL (0-20)</b>
Flushing	Bladder pain	<b>LIST OTHER SYMPTOMS:</b>	
Itchy skin	Bedwetting		
<b>TOTAL (0-24)</b>	<b>TOTAL (0-16)</b>		

On a scale of 1 to 10, how closely do you feel you have followed your LEAP plan this week? \_\_\_\_\_

# Follow-up Symptom Survey

Ver 5-14

Date:	Patient Name:	Practitioner:
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**INSTRUCTIONS:** Score every symptom based on your experience **OVER THE PAST WEEK**. Using the SCALE OF SYMPTOM POINTS listed below, FILL IN the appropriate score to the left of EVERY symptom listed. Write the “Grand Total” at the top. Also note the number of missed work days you have had in the last week due to illness.

SCALE OF SYMPTOM POINTS		Grand Total:	# Missed Work Days
<p><b>IF you did not suffer from the symptom ever or almost never, leave it blank.</b>                      1 = <b>OCCASIONALLY</b> (less than 2 times per week) and symptom was <b>MILD</b>                      2 = <b>FREQUENTLY</b> (2 or more times per week), and symptom was <b>MILD</b>                      3 = <b>OCCASIONALLY</b> (less than 2 times per week) and symptom was <b>SEVERE</b>                      4 = <b>FREQUENTLY</b> (2 or more times per week) and symptom was <b>SEVERE</b></p>			
CONSTITUTIONAL		MUSCULOSKELETAL	
Fatigue (sluggish, tired)		Joint pains	
Hyperactive (nervous energy)		Stiff joints	
Restless (can't relax/sit still)		Muscle aches	
Daytime sleepiness		Stiff muscles	
Insomnia at night		Tics (facial or otherwise)	
Malaise (feeling lousy)		Muscle spasms	
Seizures		Muscle cramps	
TOTAL (0-28)		TOTAL (0-28)	
EMOTIONAL/MENTAL		CARDIOVASCULAR	
Depression		Irregular heartbeat	
Anxiety (fears, uneasiness)		High blood pressure	
Mood swings (rapid changes)		TOTAL (0-8)	
Irritability		DIGESTIVE	
Forgetfulness		Heartburn/reflux	
Lack of concentration/Brain fog		Stomach pains/cramps	
Low sex drive		Intestinal pains/cramps	
TOTAL (0-28)		Constipation	
HEAD/EARS		WEIGHT MANAGEMENT	
Headache (not migraine)		Current weight:	
Migraine		Fluctuating weight	
Earache		Food cravings	
Ear infection		Water retention	
Ringling in ears		Binge eating or drinking	
Itchy ears		Purging (all methods)	
Discharge from ears		TOTAL (0-20)	
Sensitivity to sound		LIST OTHER SYMPTOMS:	
TOTAL (0-32)			
SKIN		GENITOURINARY	
Blemishes, acne		Increased urinary frequency	
Rashes or hives		Painful urination	
Eczema or psoriasis		Bladder pain	
“Rosy” cheeks		Bedwetting	
Flushing		TOTAL (0-16)	
Itchy skin			
TOTAL (0-24)			

On a scale of 1 to 10, how closely do you feel you have followed your LEAP plan this week? \_\_\_\_\_

## Standard Form – 36 (SF-36)

Patient Name:	Date:
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**Standard Form 36 Survey:** The SF-36 Form is one of many outcomes assessments designed by the Medical Outcomes Trust in Boston, MA. It is designed to approximate the improvement in health status from a medical intervention.

**INSTRUCTIONS:** This survey asks for views about your health. This information will help keep track of how you feel and how well you are able to do your usual daily activities. Answer every question marking the answer as indicated. If you are unsure about how to answer a question, please give the best answer you can.

<p>1. In general, would you say your health is: (Circle One)</p>	<p>1. Excellent 2. Very Good 3. Good 4. Fair 5. Poor</p>
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<p>2. Compared to one year ago, how would you rate your health in general at this time? (Circle One)</p>	<p>1. Much better now than one year ago 2. Somewhat better now than one year ago 3. About the same as one year ago 4. Somewhat worse than one year ago 5. Much worse now than one year ago</p>
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3. The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?  
(Circle the appropriate number for each question)

Activities	Yes, limited a lot	Yes, limited a little	No, not limited
a. Vigorous activities, such as running, lifting heavy Objects, or participation in strenuous sports	1	2	3
b. Moderate activities, such as moving a table, Vacuuming, bowling or golfing	1	2	3
c. Lifting or carrying groceries	1	2	3
d. Climbing several flights of stairs	1	2	3
e. Climbing one flight of stairs	1	2	3
f. Bending, kneeling, or stooping	1	2	3
g. Walking more than a mile	1	2	3
h. Walking several blocks	1	2	3
i. Walking one block	1	2	3
j. Bathing or dressing yourself	1	2	3

4. During the past 4 weeks, have you had any of the following problems with your work or other regular activities as a result of your physical health? (Circle the appropriate number for each question)

a. Cut down on the amount of time you spent on work or other activities	Yes = 1	No = 2
b. Accomplished less than you would like	Yes = 1	No = 2
c. Were limited in the kind of work or other activities	Yes = 1	No = 2

d. Had difficulty performing the work or other activities (For example – requiring an extra effort)	Yes = 1	No = 2
5. During the past four weeks, have you had any of the following problems with your work or other regular daily activities as result of any emotional problems (such as feeling depressed or anxious)? (Circle the appropriate number for each question)		
a. Cut down on the amount of time you spent on work or other activities	Yes = 1	No = 2
b. Accomplished less than you would like	Yes = 1	No = 2
c. Didn't do work or other activities as carefully as usual	Yes = 1	No = 2

6. During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors or groups? (Circle one)	1. Not at all 2. Slightly 3. Moderately 4. Quite a bit 5. Extremely
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7. How much bodily pain have you had during the past 4 weeks? (Circle one)	1. None 2. Very mild 3. Mild 4. Moderate 5. Severe 6. Very severe
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8. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)? (Circle one)	1. Not at all 2. Slightly 3. Moderately 4. Quite a bit 5. Extremely
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9. These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks: (Circle one number on each line)						
	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
a. Did you feel full of pep?	1	2	3	4	5	6
b. Have you been a very nervous person?	1	2	3	4	5	6
c. Have you felt so down in the dumps that nothing could cheer you up?	1	2	3	4	5	6
d. Have you felt calm and peaceful?	1	2	3	4	5	6
e. Did you have a lot of energy?	1	2	3	4	5	6
f. Have you felt downhearted and blue?	1	2	3	4	5	6
g. Did you feel worn out?	1	2	3	4	5	6
h. Have you been a happy person?	1	2	3	4	5	6
i. Did you feel tired?	1	2	3	4	5	6

<p>10. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting friends, relatives etc.)?(Circle one)</p>	<ol style="list-style-type: none"> <li>1. All of the time</li> <li>2. Most of the time</li> <li>3. Some of the time</li> <li>4. A little of the time</li> <li>5. None of the time</li> </ol>
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11. How TRUE or FALSE is each of the following statements to you?(Circle one for each line).					
	Definitely True	Mostly True	Don't Know	Mostly False	Definitely False
a. I seem to get sick easier than other people	1	2	3	4	5
b. I am as healthy as anybody I know	1	2	3	4	5
c. I expect my health to get worse	1	2	3	4	5
d. My health is excellent	1	2	3	4	5

**LEAP – Personalized ImmunoCalm Diet Program – Phases 1 – 5**

Phase 1 Days 1 – 7*	Phase 2 Days 8 – 12*	Phase 3 Days 13 – 17*	Phase 4 Days 18 – 22*	Phase 5 Days 23 – 27*
<b>Proteins</b>				
<b>Grains &amp; Starches</b>				
<b>Vegetables</b>				
<b>Fruits</b>				
<b>Dairy &amp; Miscellaneous</b>				
<b>Nuts &amp; Seeds &amp; Oils</b>				
<b>Flavor Enhancers</b>				
<b>Other</b>				

# LEAP MENU PLANNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BREAKFAST</b>						
<b>SNACK</b>						
<b>LUNCH</b>						
<b>SNACK</b>						
<b>DINNER</b>						
<b>SNACK</b>						

# FOOD/SYMPTOM DIARY

The information you record in your Food/Symptom Diary is essential to help you and your dietitian identify potential hidden food reactions. These instructions will help you get the most out of your food/symptom diary. Be sure your dietitian receives copies of your food records prior to appointments.

## BASIC RULES FOR KEEPING A FOOD/SYMPTOM DIARY

1. Write down everything that you eat or drink, including all foods, beverages, supplements, vitamins, etc. Include all your meals and between-meal snacks from the time you get up until you go to bed.
2. Be honest! The form is useful only if completely and accurately filled out every day.
3. Keep your form with you all day. Write down the information as soon as you finish eating, since meals are difficult to recall in detail after time has passed.
4. Describe the type of food you have eaten, giving as many details as possible. For example, if you drank milk, indicate whether you had whole, skim, or 2% milk.
5. Describe how the food was prepared: raw, baked, boiled, steamed, etc. Also indicate if you followed any other special preparation or cooking techniques.
6. When recording your food diary, imagine that someone wants to duplicate your meals as closely as possible and needs to know as many details as possible about what you ate.
7. Feel free to make copies of this form, saving one as an 'original' and print out, filling in by hand. Or, type in foods and keep on your computer to be emailed as attachments.

## NOTE ABOUT THE FORM/COLUMNS:

**Date/Time:** Be sure to note the day of week and the date. Write the time of day you ate the food OR had any symptoms.

**Meds/Supplements:** Note the time and any medications, supplements or herbs you are taking.

**Food Eaten/Amount/Description:** Write down the type of food you ate. Be as specific as you can.

Indicate the amount of the particular food item you ate. Estimate the size (in inches), the volume (1/2 cup or 1 tsp), the weight (2 ounces) and/or the number of items (12 French fries) of that type of food. Add any details, such as fresh, frozen, or canned, decaf or regular, how the item was prepared, or a brand name, whole grain, organic, or enriched, Etc. Use as many lines/as much space as needed, rather than crowding information.

**SYMPTOMS:** In this column record ALL physical symptoms. For some items, you may want to rate the symptom on a scale of 1-10 (1 meaning barely perceptible symptom. 10 meaning the most severe.) To make record keeping easier, for some common symptoms, you may want to develop some abbreviations. "D" for diarrhea, "C" for constipation. "M" for migraine, etc. (For example, D-1 might be very minimal diarrhea, M-10 would be a very severe migraine.) Just note what the abbreviations are someplace on each page, or when first listed. You can also rate how were you feeling while you were eating (for example, sad, happy, depressed). And, note if you feel great/no symptoms, etc.

One copy of the Food/Symptom Record is provided here. To make extra copies of the food record: Click and Drag your mouse over page one. Right click and click on "Copy" (or type Ctrl-C). You won't see anything happen, but page will be saved to your computer's short-term memory. Now, move your cursor to the top of a new page (or the top of page 2). Right click your mouse, and click on "Paste." (Or type Ctrl-V) A new copy of the Food/Symptom Diary should appear (You may have to hit 'Enter/return' a time or two to center text onto new page).

