



Liberalizing diet as tolerated

Your individually modified diet



YOUR INDIVIDUALLY MODIFIED DIET

After you have completed all your chemical and/or food challenges — and the problem whole foods and substances have been pinpointed by systematic challenges, your doctor and dietitian can advise you how to modify your or your child's diet to avoid a recurrence of symptoms.

After a month or two on the individually modified diet — provided they remain well — it's suggested that foods which caused reactions be re-introduced into the diet.

Begin by gradually re-introduce foods to establish the threshold for each food chemical. This is best done in a slow, regular, gradual progression until you find how much your child can tolerate.



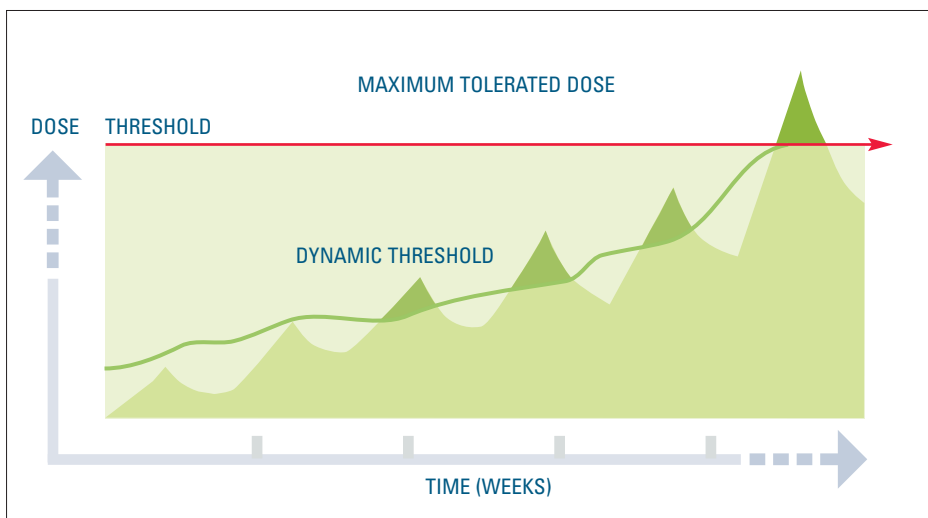
Use the food chemical charts (starting on page 33) as a guide to liberalization.

Keep in contact with your doctor or dietitian:

Follow these steps to find out how much they will tolerate

The effects of salicylates and amines may be cumulative, and your child may begin to react adversely only after several days of exceeding their threshold.

- If there are **NO ADVERSE EFFECTS** after 2 weeks at a particular level, go onto the next level.
- If your child gets a **MINOR REACTION**, continue on at that level as the symptoms may settle with time..
- If your child gets a **DEFINITE REACTION**, return to the previous level for a few more weeks — often you do not need to go back to the lowest level — then try increasing their intake again.



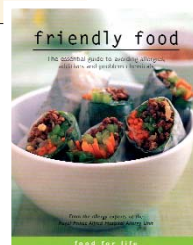
To test for tolerance, use foods from the **MODERATE** columns in the food charts (starting on page 34) and follow the guidelines below.

Level of sensitivity and suggested amounts to start eating

WEEK	MILDLY SENSITIVE	MODERATELY SENSITIVE	VERY SENSITIVE	HIGHLY SENSITIVE*
1 & 2	1 serve* daily	1/2 serve* every 3rd day	1 tsp every 3rd day	1/4 tsp once a week
3 & 4	2 serves* daily	1/2 serve* every 2nd day	1 tsp every 2nd day	1/2 tsp twice a week
5 & 6	3 serves* daily	1/2 serve* daily	1 tsp daily	1/4 tsp every 2nd day
7 & 8	3-5 serves* daily	1 serve* daily	2 tsp daily	1/4 tsp daily
9 & 10	3-5 moderate serves* or 1 high daily	2 serves* daily	1 tbsp daily	1/2 tsp daily

*WHAT IS A SERVE?

Use foods from the **MODERATE** columns of the booklet *Salicylates, Amines and Glutamates* or *Friendly Food*.



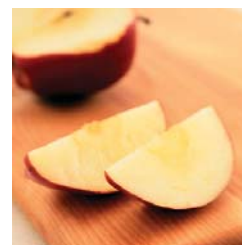
Children's serves (half an adult serve)

- 1 serve* **SALICYLATE** = 1/4 cup or 2-4 tsp (50g) pumpkin
 OR sweet potato OR carrot OR asparagus OR beetroot
 = 1/2 medium-sized (50g) sweet ripe Golden OR
 Red Delicious apple (peeled)
 = 1/4 cup cooked apple OR rhubarb
- 1 serve* **AMINE** = 1/4 cup (50g) banana OR pawpaw



Adult serves

- 1 serve* **SALICYLATE** = 1/2 cup (100g) pumpkin OR
 sweet potato OR carrot OR asparagus
 OR beetroot
 = 1 medium-sized (100g) sweet ripe
 Golden OR Red Delicious apple (peeled)
 = 1/2 cup cooked apple OR rhubarb
- 1 serve* **AMINE** = 1/2 cup (100g) banana OR pawpaw



TIPS FOR USING THE FOOD CHARTS (PAGE 33) OR FRIENDLY FOOD

In the food and chemical charts (see page 33), the foods are grouped into **LOW, MODERATE, HIGH AND VERY HIGH**.

Foods from the **LOW** column are often tolerated and can usually be eaten freely. When reintroducing salicylates and/or amines back into the diet to find your tolerance level, you should start with foods from the **MODERATE** column and follow the steps suggested on page 129.

One serve of a **HIGH** salicylate food has as much salicylates as 5-10 **MODERATE** salicylate foods.

One serve of a **VERY HIGH** salicylate food has as much salicylates as 5-10 **HIGH** salicylate foods. **VERY HIGH** salicylate foods should only be taken rarely and in small amounts, according to your threshold.

How much will I be able to tolerate?

Most sensitive people are able to tolerate:

- Any amount of **LOW** salicylate foods.
- 1 serve daily of a **MODERATE** salicylate food, or 1/10 serve of a **HIGH** salicylate food daily.
- **VERY HIGH** salicylate foods are tolerated rarely.

NOTE: The level of tolerance can vary over time.



I seem to be highly sensitive?

Start with 1/4 teaspoon of a **MODERATE** salicylate food (pumpkin or sweet potato) or banana for amines once per week. If you are unable to tolerate this amount, do not be discouraged, enjoy feeling well, wait a few months and try a small amount again.



GENERAL RULES

For salicylates:

- Those foods with the strongest flavour (tart, acid, spicy) and aroma have the highest content of salicylates.
- The riper the food, the less salicylates (new season apples compared with the end of season produce).
- The skin contains more salicylates than the flesh.



For amines:

- Those foods with the richest flavour have the highest content of amines (eg. chocolate).
- The riper the foods that contain amines, the higher the amine content (eg. banana or avocado).