



Wellness Plan

Prepared For

Sample Patient IgG Finger Stick - Sample Physician

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Introduction



Congratulations Sample for taking this step toward better health. Your journey begins today. This Wellness Plan has been customized for you based on your test results.

Before using this guide, please keep the following in mind.

- You may find one to several pages of test results depending on what your practitioner ordered; therefore, it is important that you understand which antibody has been tested and which antibody you have responded to.
- Your Wellness Plan should be viewed only as a guideline.
- Please read through your entire plan thoroughly and keep it in a safe place for future reference.
- It is extremely important to understand the difference between a true food allergy and food sensitivity. If you have a history of anaphylaxis to a particular food, DO NOT consume it; eating it can possibly be life threatening.

Defining Food Allergy versus Food Sensitivity

A **food allergy** is a reaction to a particular food within eight hours of ingestion. Symptom onset is *usually* rapid and may include swelling of the tongue or throat, development of hives, wheezing, nausea and abdominal cramps. Reactions can vary from mild to severe and the response varies between individuals, as does the amount of food needed to trigger a reaction. This type of reaction involves the antibody called Immunoglobulin E (IgE). **If you reacted to any IgE (allergic) foods on your test result you are advised to avoid them completely.**

A **food sensitivity** is a delayed food reaction. Reactions can occur up to 72 hours after the food has been ingested making it difficult to pinpoint which food is causing the reaction. Symptoms may include bloating, headache, and gastrointestinal discomfort, along with many unidentified ailments. The symptoms produced are a result of specific antibody exposure, which may include different immunoglobulins, yet most commonly the Immunoglobulin G (IgG).

Introduction



Understanding Your Wellness Plan?

The Wellness Plan is an eating program based on the elimination of reactive foods. Its main purpose is to give your immune system time to rest and prevent the development of new food sensitivities.

Any food to which you scored Class 1*, 2**, or 3*** for IgG (sensitivity) on the test result has been eliminated from your Wellness Plan. We recommend that you avoid these potential culprit foods for at least 8-12 weeks, while following the rotation portion of your Wellness Plan. The first few days may be challenging. You may not feel relief of your symptoms initially.

The plan provides food suggestions for each day in a four-day cycle. The purpose of the elimination and rotation plan is to eliminate foods that you have become sensitive to and rotate other nutritious foods into your diet. We recommend that you spend the first week on the plan focusing on the foods you need to eliminate. You may move any food on days 1 to 4 to another day to suit your meal planning. The main principle of the Wellness Plan is not to consume the same foods on consecutive days.

Reintroducing Foods

- After 8-12 weeks of eliminating foods you reacted to, you are ready to start reintroducing foods. Begin with Class 1 foods to start the re-introduction phase.
- Try one culprit food per week to see if you can tolerate it. Please keep a food diary and make notes of any symptoms. Symptoms can take up to 72 hours to develop. If you are able to tolerate the food you can add the food back into your Wellness Plan on a rotation basis.
- If there is a reaction, continue eliminating that food until all other foods have been re-introduced.
- Once all Class 1 sensitive foods are rotated back into your diet, move on to Class 2 foods. Eventually the Class 3's will be re-introduced.
- Keep in mind that food sensitivities may be a result of repetitive eating or lack of diversity in the diet. Food sensitivities can be affected by antibiotics, other medications, and cross-reactivity with seasonal environmental allergies.

Special Considerations for Your Wellness Program



ELIMINATION PHASE FOR CHILDREN - This Wellness Plan was prepared based on your child's test results. All foods that were determined to be positive were eliminated. To ensure adequate nutritional intake, growth and development of your child, your doctor may decide to liberalize this Wellness Plan. You should consult with your doctor to determine the best way to follow the elimination phase.

GLUTEN - You have tested positive for gluten sensitivity or indicated on the nutrition questionnaire that you avoid gluten. Please note, even if you did not test positive to barley, malt, oats, rye and/or wheat, these grains may be removed from your plan as they contain varying amounts of gluten. Your doctor may liberalize these recommendations according to your personal needs and goals.

The following is a list of foods that may contain gluten:

- Ale, beer, lager
- Baked goods, cereals, pastas or soups made from barley, oats, rye or wheat
- Batter dipped or breaded foods
- Bulgur
- Couscous
- Durum, semolina, enriched flour, graham flour
- Farina
- Kamut, farro, spelt
- Malt, malt beverages, malt extract, malt flavoring, malt vinegar
- Oat
- Rye
- Triticale
- Seitan

Dextrin, flavorings, hydrolyzed vegetable/plant protein (HVP, HPP), luncheon meats, modified food starch, salad dressings, seasonings and starch may also contain gluten. You may contact the product manufacturer to confirm whether or not the product is certified gluten-free.

Some of the Foods That You Must Avoid



Protein Sources

Cashew butter	Chicken	Codfish	Cornish hen
Egg (Chicken)	Egg (Whole)	Egg white	Egg yolk
Haddock	Peanut butter	Pheasant	Quail
Salmon	Soy cheese	Soybean	Sunflower seed butter
Tofu	Tofu yogurt	Tuna	Turkey
Walnut butter			

Grain Products

Barley	Barley malt	Basmati rice	Bran
Bran (Wheat)	Bulgur	Corn	Corn flour
Corn meal	Corn tortillas	Cornstarch	Couscous
Farina	Gluten	Grits	Hominy
Kamut	Malt	Oat bran	Oat flour
Oatmeal	Oats	Oats (Gluten free)	Popcorn (Plain)
Rice	Rice (Brown)	Rice (White)	Rice bran
Rice flour	Rye	Semolina	Soy flour
Soy grits	Soybean Flour	Spelt	Triticale
Wheat	Wild rice		

Vegetables

Pea (Green)	Sugar snap peas	Tomato
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Fruits

Cantaloupe	Casaba melon	Coconut	Grapefruit
Muskmelon	Persian melon	Watermelon	

Nuts and Seeds

Cashew	English walnut	Peanut	Sesame
Sesame seed	Soy Nuts	Sunflower seeds	Walnut (Black)

Spices and Flavorings

Rice vinegar	Soy (Tamari)	Soy sauce
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Fats and Oils

Coconut oil	Corn oil	Peanut oil	Rice Bran Oil
Safflower oil	Sesame Oil	Soy oil	Sunflower oil
Tahini	Walnut oil		

Beverages

Cashew Nut Milk	Coconut milk	Grapefruit Juice	Rice milk
Soy milk	Tomato Juice	Walnut milk	

Miscellaneous

Corn syrup	Maltose	Rice Syrup	Safflower
Sunflower			

Recipes and Products that May Contain Some of the Foods that You Should Avoid



The following list is by no means complete. The purpose is to make you aware of the major sources of the foods to which you are sensitive. Be sure to read labels carefully each time that you purchase an item. When you dine away from home, ask about ingredient contents and preparation of foods. Check with your pharmacist about the contents of your medications.

Barley - Pearled barley, pablum, barley grits, barley malt, GrapeNuts and any other cereal, beverage or other processed food containing barley or malt, soups containing barley, casseroles containing barley, beer and other alcoholic beverages made from barley or containing malt.

Barley malt - Enriched flour, baked goods, beer, ale, candies, malted milkshakes, bread, dry cereals.

Bran - Wheat bran, fiber supplements, processed cereals containing bran, baked goods including breads, muffins, pancakes, waffles containing bran (usually labeled "high fiber"), meatloaf may have added bran.

Bran (Wheat) - Fiber supplements, processed cereals containing bran, baked goods including breads, muffins, pancakes, waffles containing bran (usually labeled "high fiber"), meatloaf may have added bran.

Cantaloupe - Fresh or frozen cantaloupe, muskmelon, honeydew, salads, juices, smoothies or frozen desserts containing any of these melons.

Cashew - Mixed nuts, cereals, candies, Thai dishes, Oriental dishes, Indian dishes, cashew butter, chili.

Chicken - Any soup, salad, casserole, loaf or gravy containing fresh or smoked chicken, chicken hotdogs, deli/package sliced chicken breast, chicken nuggets

Coconut - Fresh coconut, shredded coconut, macaroons, baked goods, cereals, desserts and candies containing coconut, granola, pina colada, some curries, coconut shrimp.

Codfish - Fishcakes, fish sticks, imitation crabmeat, imitation seafood salad, seafood stuffing, fish chowder.

Recipes and Products that May Contain Some of the Foods that You Should Avoid



Corn - Cornmeal, corn niblets, corn on the cob, taco shells, corn tortillas, corn pasta, corn bread, hush puppies, popped corn, corn nuts, grits, processed cereals containing corn, cornstarch, foods with modified food starch, corn chowder, any soup or casserole containing corn, succatash, creamed corn, foods containing dextrose, corn syrup or maltodextrin; foods or beverages sweetened with high fructose corn syrup, many breaded foods, baked goods especially that have cornmeal on the bottom surface, candy, catsup, ham, maltose, corn bran, many products labeled "gluten free" contain corn.

Egg (Chicken) - Scrambled, fried, hard or soft cooked, poached, coddled egg, omelet, egg salad, processed Egg replacement products, frozen eggs, dried/powdered eggs, Caesar dressing, some salad dressings, salad topping, many baked goods, pancakes, waffles, meatloaves, meatballs, batter-dipped foods, breaded foods.

Egg (Whole) - Scrambled, fried, hard or soft cooked, poached, coddled egg, omelet, egg salad, processed Egg replacement products, frozen eggs, dried/powdered eggs, Caesar dressing, some salad dressings, salad topping, many baked goods, pancakes, waffles, meatloaves, meatballs, batter-dipped foods, breaded foods.

Egg white - Any food containing albumin, lactalbumin, ovo, mucoid, ovomucoid, vitellin, avidin, or Simplesse™; egg substitutes such as EggBeaters™, whole egg, foods containing egg white or whole eggs, omelets, scrambled or fried eggs, egg salad, pancakes, waffles, angel food cake, meringue, some brands of marshmallows, any baked goods with a shiny surface (e.g. bagels), breaded foods, many baked goods containing egg, pie- crusts, pot pies, some ice creams and other frozen desserts, meatloaf, many casseroles, "stuffed" appetizers or entrees, some flu vaccines.

Egg yolk - Any dish containing whole eggs/yolks, many baked goods, especially if yellow-colored, lemon meringue pie, puddings, ice cream, many breaded items, meatloaf, many casseroles foods containing "lecithin" not specified as derived from soy, pancakes, waffles, Hollandaise sauce, omelets, egg salad.

Gluten - Ale, barley, bulgur, beer, couscous, doughnuts, durum, enriched flour, farina, flour, graham, kamut, lager, malt, malt vinegar, oat, rye, semolina, spelt, triticale, wheat; baked goods or cereals containing barley, oats, rye or wheat. Check with manufacturer on the following ingredients to determine whether or not product is gluten free: dextrin, flavorings, hydrolyzed vegetable/plant protein (HVP, HPP) luncheon meats, modified food starch, salad dressings, seasonings, starch.

Grapefruit - Fresh grapefruit, grapefruit juice, salads, sauces or beverages prepared with grapefruit, candied grapefruit.

Recipes and Products that May Contain Some of the Foods that You Should Avoid



Haddock - Fish cakes, fish sticks, imitation crabmeat, imitation seafood salad, seafood stuffing.

Malt - Enriched flour, baked goods, beer, ale, candies, malted milkshakes, bread, dry cereals.

Oats - Whole rolled oats, oatmeal (all styles), oat bran, oat milk, oat flour, steel cut oats, granola, Muesli-style cereals, any processed cereal containing oats.

Pea (Green) - Any fresh, frozen, canned or dried green peas, garden peas, pea sprouts, sugar snaps, snow peas, split pea soup, any soup, salad, casserole or pot pie containing peas.

Peanut - Mixed nuts, peanut butter, other nut butters, cereals, chili, soups, Oriental and Thai dishes, Marzipan, candies, stir fried dishes, cookies, Nu-Nuts® flavored nuts, peanut flour, baked goods.

Rice (Brown) - Any soup, casserole containing rice, wild rice blends, "porcupine balls", rice pudding, rice flour, rice pasta, rice bread, rice milk, Cream of Rice, rice cakes, rice noodles, rice crackers, many products labeled "gluten free" contain rice.

Rye - Rye berries, rye bread, pumpernickel bread, rye crackers, any breads, muffins or rolls containing rye flour, triticale, cream of rye, rye flour, any processed cereal containing rye.

Safflower - Any salad dressing containing safflower oil, (including mayonnaise, tartar sauce) foods prepared with safflower oil, some brands of rice milk, some nutritional supplements, some "functional food" shakes.

Salmon - Salmon salad, salmon loaf, lox (smoked salmon), salmon bisque, seafood bisque, omelet with salmon, certain appetizers.

Sesame - Tahini, hummus, candy, oriental dishes, stir fried dishes, granola.

Soybean - Tofu, miso, tempeh, edamame, many processed low carbohydrate foods, soy flour, soy sauce, tamari, soy nuts, imitation nuts, many baked goods, foods containing soy or soya lecithin, many vitamin/mineral nutritional supplements, many commercial protein shakes, infant formulas (unless soy-free), some ice cream, soy cheese, soy milk, tofutti, foods containing textured vegetable protein (TVP)(e.g. vegetarian burgers, some commercial hamburgers) (soybean oil may be tolerated -discuss with your practitioner), some brands and kinds of cold cuts, some processed cheeses.

Recipes and Products that May Contain Some of the Foods that You Should Avoid



Sunflower - Sunflower seeds, sunflower seed butter, sunflower oil.

Tomato - Any fresh, canned or dried tomatoes, tomato paste, tomato puree, catsup, salsa; sauces, dips or vegetable juices containing tomato, any casserole, soup or entrée containing tomato, any baked goods containing dried tomatoes, foccacio or polenta containing dried tomato, dried vegetable seasoning combinations containing tomato, Ratatouille, creoles, sausage or cold cut containing dried tomatoes, grape tomatoes, cherry tomatoes.

Tuna - Tuna salad, sushi.

Turkey - Any cut of fresh turkey, deli/package, sliced turkey, smoked turkey, turkey jerky, turkey bacon, turkey sausage, turkey pot pie, soups containing turkey, turkey salad, casseroles containing turkey, turkey gravy.

Walnut (Black) - Walnut oil, mixed nuts, ice cream, extract, cakes, cookies, salads.

Watermelon - Any salad containing watermelon, pickled or candied watermelon rind, watermelon juice.

Wheat - Whole wheat berries, cracked wheat, bulgur, couscous, farina, semolina, pasta, any baked good made with whole wheat or enriched (white) wheat flour, pancakes, waffles, processed cereals containing wheat, Muesli, gravies, soups, pie fillings or any other food thickened with wheat flour; any food containing wheat bread crumbs; Chinese fried noodles, LoMein noodles, some brands of soy sauce, some brands of ice cream.

Your Shopping List



Protein Sources

Abalone	Almond butter	Bass	Bean (Lima)
Bean (Pinto)	Beans (Kidney)	Beef	Bison
Black beans	Buffalo	Catfish	Cheese (Blue)
Cheese (Cow Milk)	Clam	Crab	Crayfish
Duck	Egg (Duck)	Egg (Turkey)	Fava beans
Flounder	Garbanzos (Chickpeas)	Goat	Goat cheese
Grouper	Halibut	Ham	Herring
Lamb	Lentil	Lobster	Mackerel
Moose	Mussel	Navy bean	Ostrich
Ostrich Egg	Oyster	Perch (Ocean)	Pike (Walleye)
Pork	Rabbit	Sardine	Scallop
Shrimp	Sole	Sprout (Mung Bean)	Swordfish
Tilapia	Trout	Venison	Yogurt

Grain Products

Amaranth	Amaranth flour	Buckwheat	Garbanzo Flour
Groats	Hemp	Kasha	Millet
Quinoa	Soba noodles	Tapioca	Teff

Vegetables

Alfalfa sprouts	Artichoke	Arugula	Asparagus
Bamboo shoots	Bean (Green)	Bean (Red)	Beet greens
Beets	Bokchoy	Broccoli	Brussel sprouts
Cabbage	Capsicum	Carrot	Cassava
Cauliflower	Celery	Chard	Chicory
Cilantro	Collard greens	Cucumber	Eggplant
Escarole	Fennel	Jicama	Kale
Kohlrabi	Lambs quarters	Leeks	Lettuce
Mushroom	Onion	Parsnip	Pea (Black eyed)
Pepper (Green)	Pepper (Purple)	Pepper (Red)	Potato (Sweet)
Potato (White)	Pumpkin	Radish	Rhubarb
Scallion	Seaweed	Shallot	Spinach
Squash	Swiss Chard	Turnip	Yucca
Zucchini			

Fruits

Apple	Apricot	Avocado	Banana
Blackberry	Blueberry	Chayote	Cherry
Cranberry	Date	Fig	Grape
Guava	Kiwi	Kumquat	Lemon
Lime	Loganberry	Mango	Melon (Honeydew)
Nectarine	Olive (Green)	Orange	Papaya
Peach	Pear	Persimmon	Pineapple
Plantain	Plum	Pomegranate	Raisin
Raspberry (Black)	Raspberry (Red)	Strawberry	Tangerine

Nuts and Seeds

Almond	Brazil nut	Chestnut	Chia seed
Cola	Filbert	Flaxseed	Hazelnut

Your Shopping List



Macadamia	Pecan	Pine nut	Pistachio
Poppy seed	Pumpkin seed and meal	Water chestnut	
Spices and Flavorings			
Anise	Basil	Bay leaf	Caper
Caraway	Caraway seed	Cardamom	Celery seeds
Chives	Cinnamon	Cloves	Coriander
Cream of tartar	Cumin	Dill	Fenugreek
Garlic	Ginger	Ginseng	Horehound
Horseradish	Lavender	Licorice	Lovage
Marjoram	Mustard	Nutmeg	Oil of Wintergreen
Oregano	Paprika	Parsley	Pepper (Black)
Pepper (Cayenne)	Pepper (Chili)	Pepper (White)	Peppermint
Rosemary	Saffron	Sage	Savory
Spearmint	Tabasco	Tarragon	Thyme
Turmeric			
Fats and Oils			
Bacon	Butter	Canola oil	Cocoa butter
Flaxseed Oil	Ghee	Olive oil	
Beverages			
Almond nut milk	Apple juice	Cinnamon tea	Coffee
Coffee (Decaf)	Grape Juice	Green tea	Hemp Milk
Milk (Cow)	Milk (Goat)	Mint Tea	Orange juice
Pear nectar	Pineapple Juice	Prune Juice	Raspberry Leaf Tea
Tea (Black)			
Miscellaneous			
Agar	Agave	Carageen	Carob
Cocoa	Gelatin	Honey	Jobs Tears
Lemon grass	Lemon juice	Maple sugar	Maple syrup
Nutritional yeast	Stevia	Vanilla bean	

Foods For Day 1



Protein Sources

Bean (Lima)	Bean (Pinto)	Beans (Kidney)	Black beans
Duck	Egg (Duck)	Fava beans	Garbanzos (Chickpeas)
Herring	Lentil	Navy bean	Perch (Ocean)
Pike (Walleye)	Sardine	Sprout (Mung Bean)	Trout

Grain Products

Garbanzo Flour	Quinoa
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Vegetables

Alfalfa sprouts	Artichoke	Bean (Green)	Bean (Red)
Beet greens	Beets	Carrot	Celery
Chard	Chicory	Cilantro	Escarole
Fennel	Lambs quarters	Lettuce	Mushroom
Parsnip	Pea (Black eyed)	Spinach	Swiss Chard

Fruits

Banana	Grape	Kumquat	Lemon
Lime	Orange	Papaya	Plantain
Raisin	Tangerine		

Nuts and Seeds

Filbert	Flaxseed	Hazelnut
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Spices and Flavorings

Anise	Caraway	Caraway seed	Celery seeds
Coriander	Cream of tartar	Cumin	Dill
Fenugreek	Licorice	Lovage	Oil of Wintergreen
Parsley	Tarragon		

Fats and Oils

Flaxseed Oil

Beverages

Grape Juice	Green tea	Orange juice	Tea (Black)
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Miscellaneous

Carob	Lemon juice	Nutritional yeast	Stevia
Vanilla bean			

Foods For Day 2



Protein Sources

Catfish	Crab	Crayfish	Ham
Lobster	Pork	Rabbit	Shrimp

Grain Products

Millet	Teff
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Vegetables

Asparagus	Bamboo shoots	Cucumber	Leeks
Onion	Pumpkin	Scallion	Seaweed
Shallot	Squash	Yucca	Zucchini

Fruits

Avocado	Chayote	Date	Melon (Honeydew)
Olive (Green)	Persimmon	Pineapple	Pomegranate

Nuts and Seeds

Pine nut	Poppy seed	Pumpkin seed and meal
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Spices and Flavorings

Bay leaf	Cardamom	Chives	Cinnamon
Garlic	Ginger	Saffron	Turmeric

Fats and Oils

Bacon	Canola oil	Olive oil
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Beverages

Cinnamon tea	Pineapple Juice
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Miscellaneous

Agar	Carageen	Jobs Tears	Lemon grass
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Foods For Day 3



Protein Sources

Abalone	Bass	Clam	Egg (Turkey)
Flounder	Grouper	Halibut	Moose
Mussel	Oyster	Scallop	Sole
Venison			

Grain Products

Hemp	Tapioca		
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Vegetables

Capsicum	Cassava	Eggplant	Pepper (Green)
Pepper (Purple)	Pepper (Red)	Potato (White)	

Fruits

Apple	Blueberry	Cranberry	Kiwi
Mango	Pear		

Nuts and Seeds

Pecan	Pistachio		
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Spices and Flavorings

Ginseng	Nutmeg	Paprika	Pepper (Cayenne)
Pepper (Chili)	Tabasco		

Beverages

Apple juice	Coffee	Coffee (Decaf)	Hemp Milk
Pear nectar			

Miscellaneous

Agave	Maple sugar	Maple syrup	
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Foods For Day 4



Protein Sources

Almond butter
Cheese (Blue)
Lamb
Swordfish

Beef
Cheese (Cow Milk)
Mackerel
Tilapia

Bison
Goat
Ostrich
Yogurt

Buffalo
Goat cheese
Ostrich Egg

Grain Products

Amaranth
Kasha

Amaranth flour
Soba noodles

Buckwheat

Groats

Vegetables

Arugula
Cabbage
Kale
Rhubarb

Bokchoy
Cauliflower
Kohlrabi
Turnip

Broccoli
Collard greens
Potato (Sweet)

Brussel sprouts
Jicama
Radish

Fruits

Apricot
Guava
Plum

Blackberry
Loganberry
Raspberry (Black)

Cherry
Nectarine
Raspberry (Red)

Fig
Peach
Strawberry

Nuts and Seeds

Almond
Cola

Brazil nut
Macadamia

Chestnut
Water chestnut

Chia seed

Spices and Flavorings

Basil
Horseradish
Oregano
Rosemary
Thyme

Caper
Lavender
Pepper (Black)
Sage

Cloves
Marjoram
Pepper (White)
Savory

Horehound
Mustard
Peppermint
Spearmint

Fats and Oils

Butter

Cocoa butter

Ghee

Beverages

Almond nut milk
Prune Juice

Milk (Cow)
Raspberry Leaf Tea

Milk (Goat)

Mint Tea

Miscellaneous

Cocoa

Gelatin

Honey

Reading Labels and Healthy Eating



Reading Labels

The Food Allergen Labeling and Consumer Act, (FALCPA), 2006, has helped to take some of the stress out of label reading.

Before purchasing any processed foods you must carefully read the food labels and the ingredient lists to ensure these products do not contain any offending foods. Supplements must also be carefully checked by reading their ingredient lists. If you are unsure of any ingredient you should contact the manufacturer of the product for clarification.

The most common “allergic” foods include eggs, milk, nuts, tree nuts, soy, shellfish, fish and wheat. All FDA regulated manufactured food products that contain any of these, as an ingredient is required by U.S. law to list them on the product label.

The majority of your diet should consist of single ingredient foods that do not require a food label.

Tips to Healthy Eating

A healthy, balanced diet should include a variety of foods such as vegetables, fruits, grains, protein sources and healthy fats and oils.

Plan ahead and use the shopping list provided to create a healthy eating plan. Your shopping list is not limited to only the foods listed. It is important to ensure you consume adequate calories and nutrients for overall health. For adequate fluid intake, drink 6-8 glasses of water per day. Avoid alcoholic beverages as they interfere with the healing process. Limit the intake of sugars and sweets as these provide empty calories. Instead, choose nutrient dense foods and try to include fresh foods more often than processed foods. Learn to substitute new and delicious foods. When eating out always ask questions regarding food preparation. Please note that a list of resources and web addresses are available on the back page of your plan. Most importantly, have fun trying new foods and recipes.

Now that you have read through your Wellness Plan please feel free to contact our Nutrition Department with any questions.

Registered Dietitian Hours are available Tuesday through Friday 11:30 AM to 4:30 PM EST.

If these times are inconvenient please email us or leave a voicemail with a convenient time to return your call. Our contact information is on the front cover of your Wellness Plan.

Resources



Cook Books

Complete Candida Yeast Guidebook

Jeanne Marie Martin and Zoltan P. Roma, M.D.

Gluten & Dairy Free Cookbook

Marilyn LeBreton

Special Diets for Special Kids

Lisa Lewis, Ph.D.

The Candida Albicans Yeast-Free Cookbook

Pat Connolly

The Gluten-Free Gourmet Cooks Fast and Healthy

Bette Hagman

The Yeast Free Kitchen: Recipes to Help You Achieve Victory Over the Yeast

Jane Remington

The Peanut Allergy Answer Book, 2nd Edition

Michael C. Young, M.D.

The Complete Gluten-Free Whole Grains Cookbook

Judith Finlayson

Healing With Whole Foods

Paul Pitchford

Special Diet Solutions

Carol Fenster, Ph.D.

The Allergy Self-Help Cookbook

Marjorie Hurt Jones

The Complete Food Allergy Cookbook

Marilyn Gioannini

The Super Girl Food Allergy Cookbook

Lisa Lundy

Understanding and Implementing A Gluten-Free Diet

Lisa Lewis

The Kid Friendly ADHD and Autism Cookbook

Pamela J. Compart, M.D. and Dana Laake, R.D.

Food Allergen-Free Baker's Handbook

Cybele Pascal

Websites

Food Allergy and Anaphylaxis Network (FARE)

www.foodallergy.org

Food and Nutrition Information Center

www.nal.usda.gov/fnic/

Kids with Food Allergies

www.kidswithfoodallergies.org

Living Without Magazine

www.livingwithout.com

Apps

Fooditive

Allergy Free Entertainment

ShopNOGMO

UPC Food Scanner

Eco-Labels