

## HOW TO USE YOUR DIET DIARY

Please Read Carefully

The purpose of this daily record is twofold. First, it helps clarify what kinds of foods you eat and how much of them you consume. Often patients find it quite surprising how much of certain food types they consume without realizing it. Second, it helps to help discover which, if any, foods, medicines, beverages, or other substances may cause or contribute to your symptoms (allergies, headaches...). It is extremely important that the information you record in this diary be as accurate and as complete as possible. The relationship between what you eat and your symptoms may be very complex. For example, some foods may give delayed symptoms many hours after you eat them; other foods may cause immediate discomfort. Also, certain foods may cause symptoms on some days but not on others. Often foods you consume a lot of may be the ones causing the most problems so identifying these can lead to a starting point when doing the elimination part of testing.

Directions for keeping your diary:

1. Write down in the Diet Diary “everything that enters your mouth” for **two weeks**. This includes medicines, vitamins, snacks, alcoholic beverages, soft drinks, coffee, gum... as well as food.
2. List the composition of mixed dishes and combinations of foods. It is not enough to write down “ham sandwich.” You should also indicate the kind of bread, spread, and dressing (e. g., Ham sandwich, whole wheat bread, butter, mustard”).
3. List all your symptoms and always indicate exactly when the symptoms started, how long they lasted, and how severe they were. Some of the common symptoms which people experience are: running or congested nose, wheezing, shortness of breath, sneezing, cough, itching, cramps, gas, hives, headache, migraine, tired feeling, etc.
4. Don’t put off filling out the diary until the end of the day. Memory is often unreliable. Write down exactly what you eat, drink, or take in any form when you do it or as soon as possible. This particularly applies to snacks. Carry the diet diary with you in your purse or pocket.
5. Be sure to record any observation of your symptoms before each meal or snack and after a meal or snack. Please mark the time of the meals, symptoms and medications.
6. Always record any time a symptom is worse or better.

# CHESTER COUNTY OTOLARYNGOLOGY AND ALLERGY ASSOCIATES

## A DIVISION OF PINNACLE EAR, NOSE AND THROAT ASSOCIATES

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### **Food Allergy/Sensitivity Assessment**

Only about 20% of food allergies manifest with traditional allergic symptoms (swelling, itching, sneezing...) and can be tested for with blood tests or skin tests. Most food allergies manifest with a variety of other vague symptoms that have defied diagnosis in past evaluations. The good news is that most food allergies are what are called "cyclical" allergies. If properly assessed and managed, most foods can be tolerated without manifesting symptoms. The most accurate way to test for these is to do a food elimination diet.

The first step is to do a 2-week food diary. This is important as it can point to possible foods or food classes, which can be the cause of symptoms. Often the foods an allergic patient eats most often (craves) is the exact food the patient must avoid!

If specific foods are identified, they can be targeted in an elimination diet. If not, specific classes should be assessed. The most common classes of foods to which people are allergic include:

1) Wheat      2) Corn      3) Dairy      4) Egg      5) Soy.

There are 2 parts to testing: a) elimination and b) food challenge.

**1) FOOD ELIMINATION:** Start by eliminating a particular food or food class for one week. Testing for longer is not helpful and may confuse the result. If you are not feeling better in one week of elimination, that food is not the culprit!. You **MUST** read labels to ensure that there are no hidden food items in your food (ex: egg whites are used to clean wine bottles so you must avoid wine if you are following an egg elimination). **DO NOT** eliminate all foods at once since you won't be able to tell which one is the culprit. Experiment with one food or class of food at a time. If you do not feel better or if symptoms do not improve after 7 days, you are not sensitive to that food and you should go on to the next class.

**2) FOOD CHALLENGE:** If you feel better, you should challenge yourself with the suspect food within 1 week of terminating the elimination. If you wait too long (more than one week) you risk not having a reaction or having such a slight reaction that you may miss an allergy. The longer you wait to challenge, the less like a single dose of the food will create a response if you are truly sensitive to that food.

If your symptoms return after a challenge, you are likely sensitive to that food. If this is the case, eliminate the food for 3 months and then you can reintroduce the food into your diet every 3-4 days or so. In many cases, you will need to learn how often and how much of the offending food your body can tolerate. Everyone is unique.

NAME:

14 DAY DIET DIARY

DATE:

DAY	1	2	3	4	5	6	7
BREAKFAST							
Symptoms							
Medications							
LUNCH							
Symptoms							
Medications							
DINNER							
Symptoms							
Medications							

14 DAY DIET DIARY

DAY	8	9	10	11	12	13	14
BREAKFAST							
Symptoms							
Medications							
LUNCH							
Symptoms							
Medications							
DINNER							
Symptoms							
Medications							

## Foods Containing Corn

Alcohol	Grits
Ale/beer	Gum
Bacon	Hominy grits
Baking mixes	Ice cream
Baking powders	Jams
Batters for frying	Jellies
Beverages (sweetened)	Infant formula
Bleached white flour	Margarine
Breads and pastries	Meats (bologna, <b>sausage</b> )
Cakes	Oleo
Catsup	Peanut butter
Cookies	Popcorn
Corn flakes	Powdered sugar
Cream pies	Preserves
Fritos	Puddings
Frostings	Salad dressings
Fruit (canned)	Soups
Fruit drinks	Soybean milks
Gelatin desserts	Syrups
Graham crackers	Tortillas
Gravies	Vinegar, distilled
	Wine

The following ingredients may indicate the presence of corn:  
Dextrose, Hydrolyzed protein, Maltose, Maltodextrin, Modified food starch

Non-Food Products Containing Corn:  
Aspirin, Cough syrups, Envelopes, Gelatin capsules, Powders, Stamps, Starched clothing, Talcums, Toothpaste and Vitamins

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## A Guide to Processed Foods

This pamphlet is to be used as a guideline to help you select the appropriate foods. It is important to always check ingredient labels to be sure that you are avoiding the offending food items. One brand may contain a particular ingredient whereas another brand of the same food item may not. It is **important** to know that some ingredients are derived from a variety of sources. For example, lecithin may be derived from soy or eggs. Therefore, if you are in doubt about a particular product, contact the manufacturer of that product to obtain accurate information on the ingredients. If you are unable to determine the source, it would be appropriate to avoid that particular food.

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## Foods Containing Egg

Batters for frying	Marshmallows
Bavarian cream	Meatloaf
Bouillons	Meringue
Breads	Noodles
Breaded foods	Pastas
Cakes	Pancakes
Commercial egg substitutes	Pancake mix
Fritters	Puddings
Frostings	Processed meat products
French toast	Salad dressings (creamy)
Griddle cakes	Sauces
Glazed baked goods	Sausages
Hollandaise sauce	Sherbets
Ices	Souffles
Ice cream	Spaghetti
Icings	Soups
Macaroni	Specialty coffee drinks
Macaroons	Tartar sauce
Malted cocoa drinks	Waffles
Mayonnaise	Waffle mix
	Wines (cleared with egg whites)

The following ingredients indicate the presence of eggs:

Globulin  
Livetin  
Lysozyme  
Ovalbumin  
Ovalmucin  
Ovovitellin  
Vitellin

These words indicate that egg may be present:

Binder  
Coagulant  
Emulsifier  
Lecithin

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## Foods Containing Yeast\*

Alcohol	Mayonnaise
Baker's yeast	Mushrooms
Bakery products	Mustard
Berries	Olives
Bread	Pickles
Breaded fish/chicken	Pizza
Brewer's yeast	Pretzels
Catsup	Relish
Cheeses	Root beer
Condiments containing vinegar	Salad dressings
Crackers	Sauces containing vinegar
Dried fruit	Sauerkraut
Enriched flour	Sour cream
Fermented products	Soy sauce
Fortified products	Stuffing mix
Ginger ale	Truffles
Honey	Vinegars
Horseradish	Vitamins (some)
Malted products	

\*Fermented products, molds and fungi must also be avoided as they are very similar to yeast.

**Please note:** Because so many foods unexpectedly contain yeast, you must carefully look at all labels on processed foods. Consult the above list often so you will be aware of offending foods. Keep in mind that sugars and sweets "feed" the yeast and should be avoided in order to overcome the yeast overgrowth.

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## Foods Containing Wheat

Ale	Lager
Baked goods	Licorice
Baking mixes	Luncheon meats
Beer	Macaroni
Biscuits	Matzos
Bouillon cubes	Mayonnaise
Breaded foods	Pancakes
Bran	Pasta
Bulgur	Popovers
Cakes	Pretzels
Cereals	Processed meats
Chowders	Puddings
Couscous	Salad dressing
Crackers	Sauce mixes
Doughnuts	Semolina
Durum	Snack foods
Enriched flour	Soup mixes
Farina	Spaghetti
Flour	Synthetic pepper
Frozen entrees	Unbleached flour
Gravies	Waffles
Hot dogs	Wheatena
Ice cream	Wheat germ
Ice cream cones	Zwieback
Kamut	

The following ingredients may indicate the presence of wheat:

- Modified food starch
- Modified starch
- MSG
- Starch
- Thickeners

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## Foods Containing Gluten

Ale	Malt
Baked goods containing barley, oats, rye, wheat	Malt beverages
Barley	Malt extract
Batter dipped foods	Malt flavoring
Beer	Malt syrup
Breaded foods	Malt vinegar
Bulgur	Oat
Cereals containing barley, oats, rye, wheat	Pasta containing barley, oats, rye, wheat
Couscous	Rye
Doughnuts	Sauces
Durum	Semolina
Enriched flour	Soups
Farina	Snack foods
Flour	Spelt
Graham flour	Triticale
Gravy mixes	Wheat
Kamut	Wheat bran
Lager	Wheat germ
	Wheat starch

The following foods may contain gluten. You may need to contact the manufacturer to confirm whether or not a product is gluten free.

- Dextrin
- Flavorings
- Hydrolyzed vegetable/plant protein (HVP, HPP)
- Luncheon meats
- Modified food starch
- Salad dressings
- Seasonings
- Starch

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## Foods Containing Milk

Au gratin	Hard sauces
Bavarian cream	Ice cream
Bisques	Malt
Bread	Malted milk
Butter	Margarine
Buttermilk	Meatloaf
Butter sauces	Muffins
Cakes	Oleo
Candies	Ovaltine
Cereals	Ovalmalt
Chocolate	Pancakes
Cocoa drink, mixtures	Pie crust
Chowders	Processed meats
Commercial mixes	Salad dressings
Cookies	Scalloped dishes
Cream	Scrambled eggs
Creamed foods	Sherbet
Cream sauces	Souffles
Cheese	Soups
Curds	Sour cream
Custards	Soy cheese
Doughnuts	Spumoni
Fritters	Tuna (canned)
Gravies	Waffles
Hash	Yogurt
	Zwieback

The following ingredients indicate the presence of milk:  
Casein, Caseinate, Lactalbumin, Lactoglobulin, Lactose, Whey, Whey powder

The following ingredients may indicate the presence of milk:  
Caramel color, Caramel flavoring, Emulsifier, Natural flavoring, Protein

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## Foods Containing Soybeans

Artificial cheese	Peanut butter
Baby food	Salad dressing
Candy	Sauces
Cereals	Sausage
Coffee substitutes	Soups
Crackers	Tofu
Dry lemonade mix	Tempeh
Ice cream	Tuna (canned)
Lecithin	Vegetable oil
Margarine	Vegetable shortening
Miso	Worcestershire sauce

The following ingredients may indicate the presence of soy:

Bulking agent	Protein extender
Carob	Stabilizer
Emulsifier	Starch
Guar gum	Textured
Gum arabic	vegetable protein
Hydrolyzed vegetable protein (HVP)	Thickener
Lecithin	Vegetable broth
MSG	Vegetable gum
Protein	Vegetable starch

Non-Food Products Containing Soybeans

Adhesives	Illuminating oil
Blankets	Linoleum
Body lotions and creams	Paper
Enamel paints	Printing ink
Fabric finishes	Soaps
Fertilizer	Varnish
Glycerine	

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## Animal Food Families

<b>Billfishes</b> marlin swordfish	<b>Bovine</b> beef buffalo gelatin rennin milk products butter cheese ice cream yogurt goat goat products lamb veal
<b>Cod</b> cod cusk haddock hake	<b>Deer</b> caribou deer (venison) elk moose
<b>Croaker</b> croaker drum	<b>Duck</b> duck duck eggs goose goose eggs
<b>Flounder</b> flounder halibut sole turbot	<b>Pheasant</b> chicken chicken eggs pheasant quail
<b>Herring</b> herring sardine sea herring shad	<b>Turkey</b> turkey turkey eggs
<b>Mackerel</b> albacore bonito mackerel tuna	
<b>Sea bass</b> grouper sea bass	

Each food in this list is a separate food family:

abalone  
anchovy  
antelope  
bluefish  
carp  
catfish  
eel  
milkfish  
mullet  
orange roughy  
shark  
smelt  
snappers  
squid  
sturgeon  
tilapia  
tilefish  
whitefish

## Sources of Non-Allergenic Foods

**Authentic Foods**  
Gluten free flours, mixes, baking supplies  
1850 W. 169th Street, Suite B  
Gardena, CA 92047  
(310) 366-7612  
[www.authenticfoods.com](http://www.authenticfoods.com)

**Ener-g Foods, Inc**  
Products free of dairy, wheat, egg and gluten  
P.O. Box 84487  
Seattle, WA 98124-5787  
(800)331-5222  
[www.ener-g.com](http://www.ener-g.com)

**English Bay Dairy-Free**  
Non-dairy milk substitute  
(800) 399-3113  
[www.englishbaydairy-free.com](http://www.englishbaydairy-free.com)

**Enjoy Life Foods**  
Products free of most common allergens  
1601 N. Natchez  
Chicago, IL 60707  
(888) 50 ENJOY  
[www.enjoylifefoods.com](http://www.enjoylifefoods.com)

**Gluten Solutions, Inc.**  
Products free of most common allergens  
3810 Riviera Dr., Suite 3  
San Diego, CA 92109  
(888) 845-8836  
[www.glutensolutions.com](http://www.glutensolutions.com)

**Gluten-Free Pantry**  
Gluten and wheat-free baking mixes  
P.O. Box 840  
Glastonbury, CT 06033  
(800) 291-8386  
[www.glutenfree.com](http://www.glutenfree.com)

**Nu World Amaranth Company**  
Amaranth products  
Box 2202 R  
Naperville, IL 60540  
(630) 369-6819  
[www.nuworldamaranth.com](http://www.nuworldamaranth.com)

**Pamela's Products**  
Gluten free cookies and mixes  
200 Clara Ave.  
Ukiah, CA 95482  
(707) 462-6605  
[www.pamelasproducts.com](http://www.pamelasproducts.com)

**Savory Palate, Inc.**  
Wheat and gluten free recipes and cookbooks  
8174 South Holly #404  
Centennial, CO 80122-4004  
(800) 741-5418  
[www.savorypalate.com](http://www.savorypalate.com)

**Trader Joe's**  
[www.traderjoes.com](http://www.traderjoes.com)

**Vance's Foods, Inc.**  
Casein and soy free milk substitute  
P.O. Box 571563  
Salt Lake City, UT 84157-1563  
(800) 497-4834  
[www.vancesfoods.com](http://www.vancesfoods.com)

**Whole Foods**  
[www.wholefoods.com](http://www.wholefoods.com)

**Wild Oats**  
[www.wildoats.com](http://www.wildoats.com)

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## Plant Food Families

<b>Apple</b> apple pear quince	<b>Gooseberry</b> currant gooseberry
<b>Banana</b> Banana Plaintain	<b>Goosefoot</b> beet beet sugar chard quinoa spinach
<b>Birch</b> Filbert Hazelnut	<b>Gourd</b> cantaloupe casaba cucumber melons pumpkin squash watermelon
<b>Buckwheat</b> buckwheat rhubarb	<b>Heath</b> blueberry cranberry huckleberry wintergreen
<b>Cashew</b> cashew mango pistachio	<b>Laurel</b> avocado bay leaf cinnamon sassafras
<b>Composite</b> artichoke chamomile chicory dandelion endive escarole lettuce safflower sunflower	<b>Legumes</b> beans carob cowpea lentil licorice peas peanuts soybeans tragacanth gum
<b>Fungus</b> mushroom yeast	
<b>Ginger</b> cardamom ginger tumeric	

<b>Lily</b> asparagus chives garlic leek onion	<b>Mallow</b> cottonseed okra
<b>Mint</b> basil horehound marjoram mint oregano peppermint rosemary sage savory spearmint thyme	<b>Morning glory</b> jicama sweet potato
<b>Mulberry</b> breadfruit fig mulberry	<b>Mustard</b> bok choy broccoli brussel sprouts cabbage canola celery cabbage cauliflower collard

<b>horseradish</b> kale kohlrabi mustard mustard greens radish rutabaga turnip watercress	<b>Myrtle</b> allspice clove guava
<b>Nightshade</b> bell pepper cayenne chili eggplant paprika potato tobacco tomato	<b>Nutmeg</b> nutmeg mace
<b>Palm</b> coconut date sago starch	<b>Parsley</b> anise caraway carrot celery coriander cumin

dill fennel parsley parsnip	<b>Plum</b> almond apricot cherry nectarine peach plum
<b>Rose</b> blackberry boysenberry dewberry loganberry raspberry strawberry	<b>Rue</b> citron grapefruit kumquat lemon lime orange tangelo tangerine
<b>Stescudia</b> chocolate cocoa cola	<b>Walnut</b> butternut hickory nut pecan walnut

### Single Food Families

Each food in this list is a separate food family:

arrowroot  
Brazil nut  
chestnut  
coffee  
elderberry  
ginger  
grape (raisin)  
kiwi  
lichi  
macadamia nut  
maple  
olive  
papaya  
pepper (black, white)  
pine nut  
pineapple  
pomegranate  
sesame  
tapioca  
taro  
tea  
vanilla  
water chestnut

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