

# Common Dietary Allergens

If you are sensitive to foods, you may illicit a histaminic response to some common allergens derived from food. It is therefore appropriate to consider an Elimination diet (see protocol for Elimination diet) to establish you tolerance to certain foods.

Food	Ingredients
Milk	Artificial butter flavor, butter, butter fat, buttermilk, casein, caseinates (sodium, calcium, etc.), cheese, cream, cottage cheese, curds, custard, hydrolysates (casein, milk, whey), lacto-albumin, lactose, milk (derivatives, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skim), nougat, pudding, rennet casein, sour cream, sour cream solids, sour milk solids, whey (delactosed, demineralized, protein concentrate), yogurt.
MAY contain milk	Brown sugar flavouring, natural flavouring, chocolate, caramel flavouring, high protein flour, margarine, Albumin, egg (white, yolk, dried, powdered, solids), egg substitute, eggnog, globulin, livetin, lysozyme, mayonnaise, meringue, ovalbumin, ovomucin, ovomucoid.
Wheat	Bread crumbs, bran, cereal extract, cracker meal, enriched flour, farina, gluten, graham flour, high gluten flour, high protein flour, malt, vital gluten, wheat bran, wheat germ, wheat gluten, wheat starch, wheat heat flour, spelt.
MAY contain wheat	Gelatinized starch, hydrolysed vegetable protein, modified food starch, modified starch, natural flavouring, soy sauce, starch, vegetable gum, vegetable starch.
Soy	Hydrolysed vegetable protein, miso, shoyu sauce, soy (flour, grits, nuts, milk, sprouts), soybean (granules, curd), soy protein (concentrate, isolate), soy sauce, textured vegetable protein (TVP), tofu.
MAY contain soy	Hydrolysed plant protein, hydrolysed soy protein, hydrolysed vegetable protein, natural flavouring, vegetable broth, vegetable gum, vegetable starch.
Peanut	Cold pressed peanut oil, ground nuts, mixed nuts, artificial nuts, peanut, peanut butter, peanut flour
May contain peanut	African, Chinese, Thai and other ethnic dishes, baked goods (pastries, cookies, etc.) candy, chili, chocolate candy, egg rolls, hydrolysed plant protein, hydrolysed vegetable protein, marzipan, and nougat.

## Laboratory tests to assess your food allergy, Intolerance or Sensitivity

- IgG – delayed food reaction testing
- IgA – sensitivity
- IgE – allergy
- ALCAT testing

**Consult with your health care practitioner to establish the food allergy test or guide you with your diet.**

