



FOOD SENSITIVITIES

Food sensitivities are very common, they arise when we lack enzymes to break down certain foods, consume too much of a certain food or if we develop a condition known as “leaky gut.” Leaky gut occurs when the lining of our gut/intestine become inflamed/irritated, causing problems with our digestion.

Symptoms of food sensitivities include:

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| Digestive: <ul style="list-style-type: none"> • Bloating • Stomach Cramps • Diarrhea • Excessive Gas • Nausea • Indigestion | Respiratory: <ul style="list-style-type: none"> • Wheezing • Sneezing • Coughing • Congestion • Sore Throat • Runny Nose | Skin: <ul style="list-style-type: none"> • Hives • Rashes • Eczema | Pain: <ul style="list-style-type: none"> • Headache • Joint Pain • Arthritis |
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| <p><u>Wheat/Gluten</u></p> <p>Avoid</p> <ul style="list-style-type: none"> • Wheat (durum, semolina, kamut, spelt) • Couscous • Barley (malt and malt flavoring) • Oats (unless specifically labeled “gluten-free”) • Rye • Triticale • Beer <p>Alternatives</p> <ul style="list-style-type: none"> • Buckwheat • Fava and Garbanzo Bean Flour • Corn • Millet • Arrowroot • Amaranth • Nut (almond) • Potato • Quinoa • Rice • Sorghum • Soy • Tapioca • Foods labeled “Gluten-Free” • Hard alcohol /distilled liquor (bourbon, gin, vodka, whiskey) • Baking: 1 cup brown rice/white rice flour = 1 cup wheat flour; add ¼ tsp water & 1 egg to recipe. • Tinkyada Rice pasta <p><u>Nightshades (Solanaceae)</u></p> <ul style="list-style-type: none"> • Potato (white, red, yellow, blue skinned) ** (Sweet potatoes and yams are NOT a nightshade) • Tomato • Tomatillos • Eggplant • Green, yellow, red, hot peppers • Goji Berries • Tobacco • Homeopathic: mandrake and belladonna | <p><u>Dairy</u></p> <p>Avoid</p> <ul style="list-style-type: none"> • Milk • Cheese, Cottage Cheese, Cream Cheese, Sour Cream • Yogurt, Frozen Yogurt, Ice Cream, Sherbet • Pudding, Custard • Half and Half, Whipping Cream and Coffee Cream • Butter and Whey (may be okay for you, talk with your doctor) <p>Alternatives</p> <ul style="list-style-type: none"> • Rice, almond, coconut or hemp Milk • Avoid Soy Milk (because of estrogen effect on the body) • Rice, hemp, coconut milk Ice Cream or sorbet • Coconut, almond milk yogurt • Whipped full-can coconut milk = heavy cream • ASK your Dr. about goat/sheep Cheese (Manchego sheep/Chevre goat – Local at Town & Country, Rosauers & Coop by Amaltheia) <p>Other Sources of Calcium</p> <ul style="list-style-type: none"> • Dark Leafy Greens (spinach, romaine lettuce, collard greens) Eating dark leafy greens is how cows get so much calcium in their milk!! • Alfalfa, Broccoli Sprouts • Beans and Lentils • Grains • Seafood • Seeds/Nuts (almonds, sesame seeds) • Supplementation <p><u>Corn</u></p> <ul style="list-style-type: none"> • High Fructose Corn Syrup • Dextrose/Dextrin/Maltodextrin • Corn Starch/Food Starch • Cornmeal • Corn Chips • Maize • Artificial Sweeteners |
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