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## **ELIMINATION/CHALLENGE DIET INFORMATION**

**Generally, the foods that you crave and/or eat most often, are the ones that are most likely to cause problems. With this in mind, I am recommending an elimination/challenge diet for the foods that I believe may be causing you some allergy difficulties.**

**The elimination/challenge diet is very simple. You completely eliminate one food group from your diet for four days, watch your allergy symptoms decrease or resolve altogether, and then challenge yourself with the same food group on the 5th day by reintroducing it into your diet. For example: an elimination/challenge diet for dairy products would call for eliminating all dairy products (including milk, ice cream, cottage cheese, yogurt, butter, cheese, and milk chocolate) completely from your diet for 4 days, and then reintroducing dairy products into your diet on the 5th day. If you find that while off of dairy products your symptoms decrease or clear up altogether, and then the symptoms return on the 5th day when you reintroduce dairy products into your diet, it means that dairy products play a significant role in your allergies. We would then need to consider eliminating that particular food group from your diet for a moderate length of time, or we would need to consider having you eat or drink those foods in moderation only.**

**You should do the elimination/challenge diet for only one food group at a time. Make a daily recording of any changes or improvements in your allergy symptoms for each of the elimination/challenge diets. Please bring this information with you to your next office visit so that we may make specific recommendations regarding your food allergies.**