

Nourishing Our Children

Julie Mathews

Nourishing Our Children

Dietary Interventions for Autism and Common Childhood Disorders



Julie Mathews
Certified Nutrition Consultant



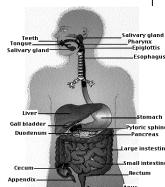
Food Matters for Children

- Autism
- ADHD
- Allergies
- Asthma
- Mood Disorders

Importance of GI Health

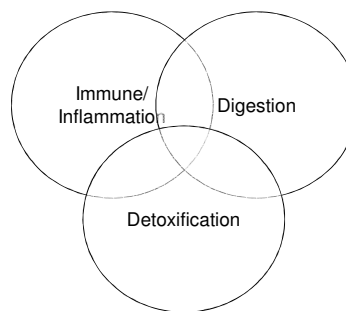
"All disease begins in the gut"
- Hippocrates, the father of modern medicine

- Gut has constant contact with food
- Physical barrier of defense against bacteria, viruses, etc.
- The greatest amount (90%) of the "brain chemical" serotonin is found in the GI tract
- Largest part of the immune system (70%) found in the gut
- Vitamins/minerals absorbed in the gut are cofactors for enzyme reactions, metabolism, conversion of nutrients and fats
- Amino acids (absorbed from protein digestion) are precursors for neurotransmitters



Affect on Brain and Metabolic Function

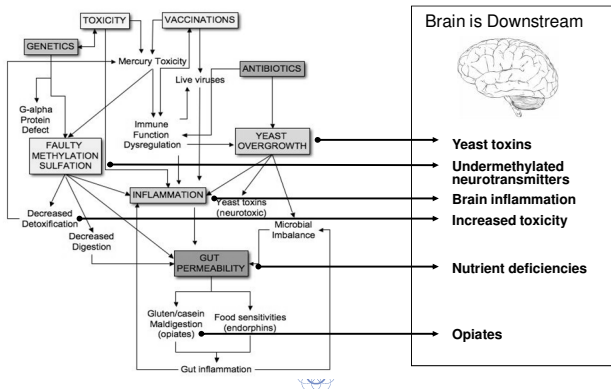
Autism • ADHD • Allergies • Asthma • Mood Disorders



Common Contributors

- Increased exposure to toxins
- Decreased detoxification capabilities
- Decreased function of immune system and GI

Autism - A Whole Body Disorder




Diet for Autism: What Parents Report

- Gastrointestinal problems relieved
- Diarrhea & constipation lessens
- Improved language skills and learning
- Greater focus and attention
- Reduced hyperactivity
- Eye contact
- More appropriate behavior
- Better sleeping
- Easier toilet training
- Skin rashes or eczema clear up
- ✓ **General Health & Happiness Improved**

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Nutrition Basics



What is Diet?




- 1. Remove: Avoid** offending foods
 - Gluten, casein, soy, corn, phenols, oxalates, starches
- 2. Replenish: Increase** healthy foods
 - Consume more nutrients and probiotics in foods
 - Make foods more digestible for absorption




Food Additives

Unhealthy Ingredients to Avoid

- Ingredients to Avoid:**
 - Artificial colors/flavors and preservatives - candy, cereal, "kids' foods"
 - MSG (hydrolyzed protein, yeast extracts) - broth, bullion, soup, meat-flavored foods
 - Pesticides - non-organic produce and meat
 - Aspartame and other artificial sweeteners - sodas and other foods
 - Trans fats - partially hydrogenated oil, commercial margarine, mayonnaise, peanut butter
 - Nitrates/nitrites - bacon, hotdogs, lunch meat
- These ingredients can cause:**
 - Hyperactivity*
 - Inattentiveness
 - Aggression
 - Irritability
 - Headaches/pain
 - Trigger asthma
 - Overload detoxification






*McCann D, Barrett A, Cooper A, Crumpler D, Dalen L, Grimshaw K, Kitchin E, Lok K, Porteous L, Prince E, Sonuga-Barke E, Warner JO, Stevenson J. "Food additives and hyperactive behaviour" in 3-year-old and 6/9-year-old children in the community: a randomised, double-blinded, placebo-controlled trial." *Lancet*. 2007 Nov 3;370(9598):1560-7



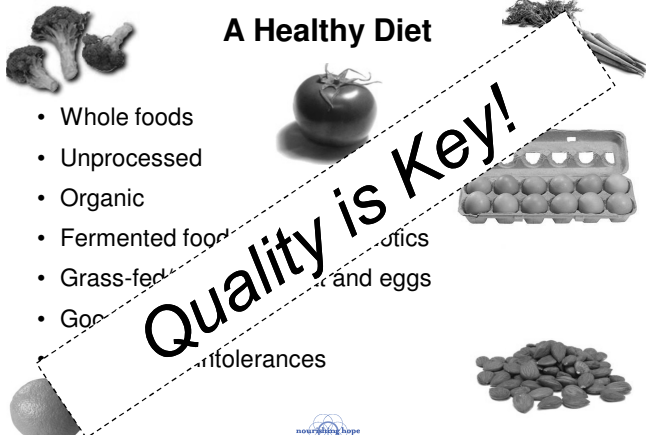
Unhealthy Ingredients to Avoid

Contribute to hyperactivity, inattentiveness, aggression, irritability, headaches, asthma, and overload detoxification systems

- Artificial colors/flavors and preservatives
- MSG (hydrolyzed protein, yeast extracts)
- Pesticides
- Aspartame and other artificial sweeteners
- Trans fats (hydrogenated fat)
- Excessive/Refined Sugar
- Nitrates/nitrites (bacon, hotdogs, lunch meat)






A Healthy Diet

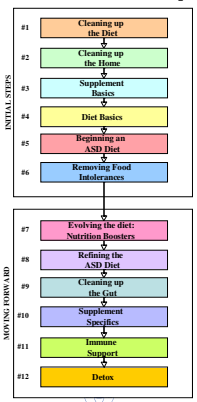


- Whole foods
- Unprocessed
- Organic
- Fermented foods and probiotics
- Grass-fed meats and eggs
- Good fats
- No intolerances

Quality is Key!



Holistic Nutrition Approach




INITIAL STAGES

- Cleaning up the Diet
- Cleaning up the Home
- Supplement Basics
- Diet Basics
- Begin an ASD Diet
- Removing Food Intolerances

MOVING FORWARD

- Evolving the diet: Nutrition Boosters
- Refining the ASD Diet
- Cleaning up the Gut
- Supplement Specifics
- Immune Support
- Detox

From Nourishing Hope



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Fats

Omega 3	Omega 6	Omega 9	Saturated Fat
Fish oil or cod liver oil Flax seed oil DHA and EPA supplements	Borage oil (GLA) Evening primrose oil (GLA) Black currant oil (GLA) Hemp seeds/oil (GLA) Nuts/seeds and their oil	Olive oil Avocado Nuts/seeds	Coconut oil Palm/Red Palm oil Animal fats – ghee/dairy, lard, bacon



Coconut Oil:

- Contains many antifungal and antiviral components
- Anti-inflammatory effects
- More easily digested and absorbed
- Used immediately to create energy
- Enhances absorption of minerals

- Brain development and brain function
- Hormone balance and mood
- Omega 3s (very helpful with depression, hyperactivity, and inflammation)
- Formation/fluidity of cell membrane
- Creating energy in cell and helps burns fat

AVOID Vegetable oil: canola, safflower, corn, soy oils

Saturated Fat and Cholesterol

Vital Roles of Saturated Fat

- ✓ **Brain**—Saturated fats are important for development of the brain
- ✓ **Bones** – Saturated fats help the body put calcium in the bones
- ✓ **Liver** – Saturated fats protect the liver from poisons
- ✓ **Lungs** – Can't function without saturated fats—protects against asthma
- ✓ **Immune System** – Enhanced by saturated fats—fights infection
- ✓ **Essential Fatty Acids** – Work together with saturated fats



Uses for Cholesterol

- Brain development and function
- Aids digestion
- Builds strong bones and muscles, repairs damaged tissue
- Building block for hormones
- Regulates your blood sugar
- Protects against infectious diseases



Protein

- Protein (essential amino acids) building blocks for:
 - Muscle and tissue growth and repair, neurotransmitters, immune responses, enzymes, detoxification
- Bio individuality - amounts vary.
- Some children cannot process protein well:
 - High ammonia, low HCl, low zinc, B6, or iron
- Avoid soy

⇒ **Signs of protein deficiency:** Stunted growth, lack of appetite, edema, suppressed immune system, muscle wasting, anxiety, sparse hair, dry skin



Carbohydrates



- **Add complex carbohydrates:** whole grains, vegetables, fruit, starchy vegetables
- **Reduce refined carbohydrates:** flour products (bread, crackers, chips), cookies, pasta
- **Avoid Sugars:** Refined sugar, honey, juices
 - 4-5 grams per serving (1 teaspoon "sugars") = 2 oz fruit juice, 2 tsp dried fruit, 1 TBSP ketchup
 - Keep to 4 servings/day

Factors: sugar cravings, yeast overgrowth, low blood sugar, elimination of di/polysaccharides

Diet Options

Diet Options

ASD Diets	ARI Survey Results <small>parents reporting noticeable symptomatic improvement</small>
GFCF (Gluten-free and Casein-free) No gluten (wheat, rye, barley, spelt, kamut, and oats) or casein (dairy)	GFCF - 65% improved No Dairy - 50% improved No Wheat - 49% improved
Food Sensitivity Elimination Eliminating all other food sensitivities: Soy, corn, eggs, citrus, peanuts, chocolate, cane sugar	No Eggs – 49% improved No Chocolate – 49% improved No Sugar – 48% improved Rotation Diet – 49% improved
Feingold Diet/Low Phenols Restricts high phenolic foods, including all artificial ingredients and high salicylate fruits	54% - improved
SCD (Specific Carbohydrate Diet)/GAPS Restricts carbohydrates to only fruits, non-starchy vegetables, and honey. No grains, starchy vegetables, or mucilaginous fiber	SCD - 66% improved Candida Diet – 54% improved
Body Ecology Diet Anti-yeast diet combining principles of anti-yeast diets including no sugar, acid/alkaline, fermented foods	
Nourishing Traditions/ Weston A. Price Good quality fats, soaking and fermenting for digestion	
Low Oxalate Diet Restricts high oxalate foods (nuts, beans, greens)	

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Diet Benefits

ASD Diet Options	Benefits
GFCF (Gluten-free and Casein-free)	Good diet to start with Reduce gut inflammation Reduce opiates
Food Sensitivity Elimination	Follow up on GFCF to refine food sensitivities
Feingold Diet/Low Phenols	Good for food addictions: grapes, apples, artificial ingredients Hyperactivity, behavior, irritability, red cheeks
SCD (Specific Carbohydrate Diet)/GAPS	Excellent for severe gut inflammation Very helpful for diarrhea/constipation not addressed by GFCF Starves out dysbiotic flora
Body Ecology Diet	Great for ridding candida Populating good bacteria
Nourishing Traditions/ Weston A. Price	Nourishing diet High quality fats, fermented foods, nutrient-rich
Low Oxalate Diet	A helpful refinement of the diet Reduces inflammatory/pain related compounds

Connection:

Food Sensitivities & Childhood Disorders

- **Autism** - research and parent reports that **gluten and casein** affect autistic symptoms.
- **Asthma** - **gluten, dairy, and other food sensitivities** have been known to trigger asthma and make chronic asthma symptoms worse.
- **Allergies** - food allergies and sensitivities common
- **ADHD** - food sensitivities can cause **inattention** and **hyperactivity**
- Family connections:
 - Asthma and celiac (gluten intolerance) run in families
 - Children with autism commonly have ADHD behaviors, allergies, and higher rates of asthma
 - 90% of children with asthma have allergies
 - Children with asthma had significantly higher rates of ADHD



Scientific Rationale for Diets

- Research on gluten and casein for **AUTISM**
 - Jinzmaa Y, Yoshikawa M. (1999) Enzymatic release of neocasinomorphin and beta-casinomorphin from bovine casein. *Peptides*, 20:957-962.
 - Reichelt KL, Knivsberg AM, Lihnd G, Nodland M. Probable etiology and possible treatment of childhood autism. *Brain Dysfunction* 1991; 4: 308-319.
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 - Shattock P, Whiteley P. (2002) Biochemical aspects in autism spectrum disorders: updating the opioid-excess theory and presenting new opportunities for biomedical intervention. *Expert Opin Ther Targets*. Apr;6(2):175-83
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- REDUCED AUTISTIC SYMPTOMS
 - Knivsberg AM, Reichelt KL, Nodland M. (2001) Reports on dietary intervention in autistic disorders. *Nutritional Neuroscience*, 4(1):25-37.
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 - Schroeder A, Kumar R, et al. Food allergy is associated with an increased risk of asthma. *Clin Exp Allergy*. 2009 Feb;39(2):261-70.
 - Jesenaik M, Remesova Z, et al. Food allergens and respiratory symptoms. *J Physiol Pharmacol*. 2008 Dec;59 Suppl 6:311-20.
- Research on food sensitivities for **ADHD**
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 - Rapp DJ. Diet and hyperactivity. *Pediatrics*. 1981 Jun;67(6):937-8.



Gluten Grains & Ingredients to Avoid

Grains	Hidden Sources
Wheat	Hydrolyzed Vegetable Proteins
Rye	MSG
Barley	Dextrin
Spelt	Malt
Kamut	Citric acid
Triticale	Artificial flavors & coloring
Oats (commercial)	"Spices"
Semolina	Soy sauce (unless wheat-free)
	Potato chips/fries



Gluten-Free Grains and Foods

Rice	Sorghum	Thickeners
Millet	Tapioca	Agar
Quinoa	Nut flours	Guar gum
Amaranth	Seed flours	Gelatin
Buckwheat	Coconut flour	Kudzu powder
Corn	Chestnut flour	Tapioca
Wild rice	Bean flours	Sweet rice flour
Montina	Roots (taro, yam)	Xanthan gum
Teff	Yucca/casava	Arrowroot



Casein Containing Foods to Avoid


Milk	Whey
Cheese (all)	Galactose
Yogurt	Casein, Caseinate
Butter	Lactose, Lactalbumin
Buttermilk	Lactic acid
Ice cream	Sherbet
Kefir	Canned tuna
Cream	Cool whip
Sour cream	Artificial butter flavor



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Casein-Free Foods




<p>Milk & Yogurts</p> <p>Rice milk</p> <p>Almond, hazelnut or hemp milk</p> <p>Homemade Nut milk</p> <p>Coconut milk</p> <p>Potato milk (Vance's DariFree)</p> <p>Soy milk (if not soy-free diet)</p>	<p>Oil/Butter</p> <p>Coconut oil</p> <p>Ghee</p> <p>Lard or tallow</p> <p>Earth Balance</p> <p>Kosher items</p> <p>Pareve only</p> <p>Cheeses</p> <p>(Galaxy Foods)</p>	<p>Ice Cream</p> <p>Sorbets w/o milk</p> <p>Non-dairy ice cream</p> <p>Coconut ice cream (Coconut Bliss)</p> <p>Fruit popsicles</p> <p>Chocolate</p> <p>GFCF chocolate</p>
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Beyond GFCF

- Soy-free
- Corn-free
- Specific Carbohydrate Diet
- Food additives
- Feingold Diet
- Dysbiosis - Adding probiotic/fermented foods, Body Ecology Diet
- Low Oxalate Diet




Avoid Soy



- Not good substitute for dairy or protein
- Very difficult to digest
- Irritate the gastrointestinal tract
- Blocks absorption - calcium, magnesium, iron, copper and especially zinc - due to phytic acid and oxalates
- Blocks thyroid function
- Endocrine disruption in the reproductive hormones of both males and females

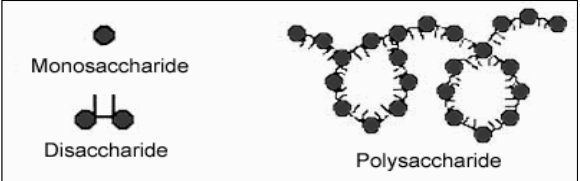
Soy sources: tofu, soy protein, miso, tempeh, soy milk, soy cheese or ice cream, soy sauce, tamari, soy oil

Hidden soy: lecithin, vitamin E



Specific Carbohydrate Diet™


- ✓ Removes disaccharides and polysaccharides (*most sugars & starches*)
- ✓ Allows only monosaccharides (*honey, fruit, non-starchy vegetables*)



SCD Specifics

(Begin SCD casein-free)



Foods to avoid on SCD	Foods to eat
<ul style="list-style-type: none"> ✓ No grains or corn ✓ No potatoes (white or sweet) ✓ No soy products ✓ No sugars except honey ✓ No cornstarch, arrowroot powder, tapioca, agar-agar or carrageenan ✓ No pectin in jams ✓ No chocolate or carob ✓ No baking powder (baking soda OK) 	<ul style="list-style-type: none"> ☐ Vegetables (non-starchy) ☐ Fruit ☐ Fruit juice -not from concentrate ☐ Honey ☐ Meat ☐ Eggs (if tolerated) ☐ Nuts/seeds and nut milks (if tolerated) ☐ Certain beans ☐ Ghee



Nutrition Boosters

Foods and preparation methods that increase nutrient density and digestibility

Grandma knew best

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Why Food is Important

Why not just take supplements?

- Food contains cofactors for aiding absorption of nutrients
 - Cofactors include: vitamins, minerals, trace mineral activators, enzymes, co-enzymes, chlorophyll, lipids, essential fatty acids, fiber, carotenoids, antioxidants, flavonoids, pigments, amino acids
 - Oranges contain bioflavonoids and over one hundred other cofactors
- Phytonutrients and right balance of nutrients
- Probiotic bacteria is alive and thriving and contain their own food supply. Fermentation increases nutrient content and availability of nutrients in food. Live enzymes. Support pH. May colonize better.
- Way nature intended, Unrefined and way body can recognize
- Fresh: enzymes and intact nutrients. Juices contain more nutrients. Storage and pasteurization decrease
- Supplementation is good too and often essential for therapeutic doses and needs, but does not take the place of healthy food. Both are important.



Possible Causes of Picky Eating

- Addictions to opiates (gluten/casein) cause consumption of primarily wheat and dairy containing foods
- Addictions to chemicals (MSG, artificial additives) cause restriction to one brand or large preference for processed foods
- Nutrient deficiencies (zinc) makes everything taste bad or bland
- Yeast, viral, and microbial overgrowth may cause focus on eating mainly high carb and sugar foods
- Sensory sensitivities can restrict the consumption of certain textures.



For Picky Eaters



- Always provide food child likes in addition to one "new" food.
- Involve your children in food preparation of "new" food.
- Small taste ~ 1/2 teaspoon. Let child determine amount.
- Inform them. Let child know whether it is sweet, salty or sour.
- Let them spit it out.
- Try and Try Again! At least 15 times!
- Get creative. Try new food in preferred texture - crunchy, smooth.
- Avoid being emotionally "attached" - children sense anxiety.
 - Keep mealtime calm. Visualize child eating/enjoying new food.
- Avoid forcing or pushing - maintain trust.
- Choose rewards or other encouragement.
- Make sure whole family participates - serve *everyone* at the table
- Make it fun!
- Seek support when needed.

Good ways to Boost Nutrient Levels and Enjoy More Vegetables



- Veggies 101
 - Puree vegetables and add to:
 - Muffins
 - Pancakes 1/4-1/2 cup puree per cup of pancake flour mix
 - Meatballs, meat patties, and meat loaf
 - Sauces such as tomato sauce
 - Juicing vegetables
 - After pureeing, freeze in ice cube trays and thaw as needed
- Crunchy vegetables
 - Make vegetables into chips (like potato chips). Use carrots, sweet potatoes, butternut squash, beets, parsnips, or other roots or dense vegetables.
 - Vegetable latkes

For beginning veggie eaters: Pureed carrots, sweet potato, winter squash, cauliflower

Evolve texture and color: Kale, broccoli, and other greens (chopped or pureed)



Good ways to Boost Nutrient Levels and Enjoy More Vegetables

- Shredded vegetables:
 - Add shredded beets to chocolate cake for birthdays (but let other parents know)
 - Add shredded carrots or zucchini to muffins or bread
 - Shred zucchini and other vegetables, and add to shredded potato for vegetable/potato hash browns
- Broths
 - Use broth for soups or stews. Cook grains or pasta in broth. Add concentrated homemade broth to sauces.
 - Seaweed, nettles and greens - Add to cooking grains, soups, tomato sauce, even boiling pasta to impart nutrients
- Fermented Foods
 - Add non-dairy yogurt (such as nut milk yogurt or coconut yogurt) to fruit and puree into a smoothie
 - Use a small amount of fruit and yogurt to make a fruit-yogurt dipping sauce for fruit kebabs.
 - Apple Kraut: Shred apple and add 50/50 with raw sauerkraut to reduce sourness. Serve as shredded fruit salad.
 - Puree raw sauerkraut or other cultured vegetables in food processor with apple sauce (or other fruit sauce)

Top Nutrition Boosters

- Vegetables
- Juicing
- Fermentations
- Grass-fed meat
- Broth and stock



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Nutrient-Dense Foods



- **Vitamin B6:** Sunflower seeds, pistachios, walnuts, lentils, grains and beans, rice bran, blackstrap molasses
- **Vitamin B12:** Liver, eggs, fish, lamb, beef
- **Zinc:** Pumpkin seeds, nuts, legumes, ginger, oats
- **Magnesium:** Sweet potato, winter squash, broccoli, leafy greens, seaweed, nettles, whole grains, nuts, legumes
- **Calcium:** Broccoli, leafy greens, winter squash, seaweed, nettles, nuts
- **Folic acid:** beans, rice germ, liver, asparagus
- **Vitamin A & D:** Liver, egg yolk, butter/ghee, cod liver oil, dairy fat
- **Vitamin C:** Sweet potato, winter squash, broccoli, leafy greens
- **Omega 3:** Fish/cod liver oil, beef and lamb, egg yolk, butter/ghee, flax seeds, hemp seeds, walnuts, algae-based DHA (neuromins supplement)
- **Iron:** blackstrap molasses, liver, pumpkin seeds, duck egg

Juicing



- Higher concentration of nutrients
 - Chlorophyll and phytonutrients
- Fresh and raw vegetable juice contain many times more vitamins & phytonutrients than bottled
- Get nutrients without needing to eat/chew vegetables
- Children that like liquids, juices and smoothies

Start with	Add as you evolve taste	Flavor boosters
•Cucumber •Celery •Fennel •Lettuce	•Parsley, cilantro •Kale or other greens •Cabbage (ulcers) •Cranberries	•Carrot •Beet •Fruit: Apple, pear •Ginger

Preparation tip

- Add vegetable juice to smoothies. Add a bit of fruit to vegetable juice for flavor or added sweetness
- Add supplements to vegetable juice (instead of fruit juices)

Soaking “seeds” – easy to do



Grains, nuts, seeds, beans



- Increases digestibility
- Reduces inflammatory response
- Breaks down phytic acid and oxalates
- Fermenting grains breaks down lectins

Grains - Soak in water for 8-24 hours with 2 TBSP lemon juice or vinegar. Drain and cook with fresh water.

Nuts - Soak in water (with or w/o salt) for 7-12 hours. Drain and refrigerate, use to make nut milk, or drain and dehydrate (eat or make nut butter)

Beans - Soak in water for 8-24 hours with hearty pinch of baking soda. Drain and cook with fresh water.

Preparation tip

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Fermented Foods – Rich in Probiotics

Functions of good bacteria

- Regulate peristalsis and bowel movements
- Break down bacterial toxins
- Make vitamins needed and utilize: B1, B2, B3, B5, B6, B12 and K
- Digest protein into amino acids (for use by the body)
- Produce antibiotics and antifungals
- Help breakdown sugars, lactose, and oxalates
- Support immune system and increase number of immune cells, reduce inflammation
- Balance intestinal pH
- Protect against environmental toxins: mercury, pesticides, pollution
- Studies correlate decreased risk of asthma when infants are given probiotics



Raw fermented foods contain billions (even trillions) of bacteria/serving!

Fermented Foods – Rich in Probiotics

Dairy-free:

- Raw sauerkraut/cultured vegetables
- Beverages (contain yeast that kills candida):
 - Kombucha
 - Coconut juice kefir
 - “Sodas” (hibiscus/rosehip tea with kefir starter)
- Nut milk yogurt



Dairy: Milk-based yogurt/kefir



Bacterial ferments:
yogurt and sauerkraut

Yeast & bacterial ferments:
kefir and kombucha

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Nutrient-dense Animal Foods

- **Eggs, from pastured hens** (if not sensitive): B12, vitamin A, B-vitamins, vitamin D, vitamin E, selenium, calcium, iodine, zinc, iron, choline
- **Animal protein and fats** (grass-fed/pastured): Vitamins A, D, E, and K, DHA, tryptophan
- **Organic liver:** iron, vitamin C, B12, folic acid, vitamin A




Preparation tip

Use pastured/grass fed eggs, meat, and dairy (if consumed)

- Puree cooked meat (chicken breast) into pancakes
- Puree liver and add small amount to meatballs or meat patties
- Use ghee (or raw butter if tolerated)
- Add high quality eggs to pancakes, soft-boiled yolk to mashed banana/avocado, soak GF bread in egg for French toast

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Animal Foods/Fats


- Quality is essential

Grass-fed/pastured	Commercial
<ul style="list-style-type: none"> Rich in DHA (brain development) Rich in Vitamin A Rich in Vitamin D Higher in CLA Higher in Tryptophan (sleep and mood) <p><i>*Organic is not necessarily grass-fed</i></p>	<ul style="list-style-type: none"> Unhealthy animals - unhealthy food Inflammatory grains - create inflammatory food Low in Vitamins A and D Low in anti-inflammatory fats Higher in arachidonic acid (inflammatory)

Homemade Bone & Vegetable Broths

- Grass-fed/pastured chickens or beef bones
 - Add 2 Tablespoons of vinegar - increases the calcium and magnesium
- Vegetables, seaweed, greens, nettles
- Nutrient dense, easy to assimilate nutrients
 - trace minerals, amino acids, calcium, magnesium, potassium, iron
- Contains gelatin



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Preparation tip

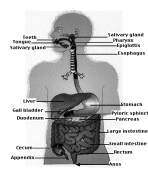

Prepare soups, stews, casseroles with stock

Cook grains, soups, and/or pasta in broths - nutrients will absorb into food



Foods that Support GI Tract

- Avoid inflammatory foods & food sensitivities
- Probiotic rich foods: reduce inflammation in the gut, help breakdown foods, fight off pathogenic microbes.
- Soak grains, seeds, nuts to increase digestibility
- Cooked vs. Raw. Raw contain more enzymes but cooked increases breakdown of foods for easier digestion. Cook foods for weak digestion and inflamed GI.
- Broths: nutrients, amino acids, gelatin
- Raw apple cider vinegar

Immune System Support


- AVOID: sugar, food sensitivities
- Fresh vegetables and fruits: Rich in antioxidants, vitamins and minerals
- Vitamins A and D: Rich in grass-fed meat/fat, cod liver oil, eggs. Sunlight
- Adequate protein
- Probiotics: protect against pathogens, increases immune cells and immune function, reduces inflammation.
- Raw honey: nutrients, antiviral, antibiotic, local honey helps with allergies
- Garlic and ginger
- Seaweed and shiitake mushrooms

Anti-Inflammatory Support


Anti-inflammatory

- Omega 3 - fish oil, walnuts, flax seeds, pumpkin seeds, grass-fed meat/fat
- Olive oil
- Antioxidants: Blueberries, cherries, all berries, leafy greens, beans, acai, goji berries, mangosteen, cruciferous (broccoli, cabbage, etc.)
- Quercetin - skin of red apples and red onions
- Spices: turmeric, cumin - Indian spices (although high salicylate), ginger, garlic
- Probiotic-rich foods



Avoid pro-inflammatory




- Low food sensitivity.
- Reduce sugar.
- Avoid nightshades: Tomato, potato, eggplant, pepper (bell & hot)
- Balance arachidonic acid (meat) with omega 3, 6 and 9.



Liver Supportive Foods

Foods rich in **antioxidants**

- Cruciferous** vegetables: Rich in sulfur compounds. Glutathione conjugation enhanced. Cabbage, broccoli, cauliflower, brussels sprouts.
- Glutathione:** Garlic, onion, asparagus, watermelon, whey (cross-contaminated with casein)
- Beets:** antioxidants, carotenoids, flavonoids. Folic acid for Phase One. Betaine enhances methylation and formation of glutathione.
- Eggs** contain B2, folic, B12, and methionine, a sulfur-bearing compound use for Phase II detoxification.
- Papaya and Avocado** help the body to produce glutathione.
- Adequate protein** for supply of amino acids
- Seaweed:** Dulse, hijiki, kombu, wakame, nori
- Avoid: high fructose corn syrup and added fructose

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Beginning and Evolving a Diet



Begin by Removing Artificial Ingredients

- ✓ Avoid trans fats (hydrogenated oil, fried foods, margarine, mayo, commercial peanut butter)
- ✓ Avoid artificial sweetener & high fructose corn syrup
- ✓ Avoid artificial ingredients (artificial colors, flavors, and preservatives)
- ✓ Avoid MSG (hydrolyzed vegetable/soy protein, autolyzed yeast, yeast extract, natural flavors)
- ✓ Avoid Nitrates/nitrites



Eliminate Substances that Irritate the GI Tract

- ✓ Food intolerances
- ✓ MSG
- ✓ Carageenan
- ✓ Olestra
- ✓ Lectins, oxalates and phytates from "seeds"(grains even non-gluten, bean, nuts, seeds)
- ✓ Yeast, antibiotics, and some medications (NSAIDS)



Beginning GFCF

- Before removing anything, introduce GFCF alternatives such as rice pasta, GF waffles, and other GFCF foods and snacks. This will support the elimination portion later.
- Start eliminating **one at a time**:
 - ✓ Try casein-free for two to three weeks
 - ✓ Then remove gluten and continue both for three to six months
- Substitute same foods child likes with gluten/casein-free options. For example, if they eat waffles every morning, buy rice flour waffles.
- Try not to increase the amount of sugar in the diet. It is common to start substituting *anything* gluten-free including high sugar cookies. If you need to continue to use higher sugar foods (if they are already in the diet) during the transition, it is fine; however, you will want to take them out as soon as possible. It's best to avoid them if you can.



Healthy Breakfasts



- Eggs
- Homemade muffins with pureed vegetables and/or fruit
- Pancakes with pureed vegetables or chicken
 - Make larger batch, cook pancakes, freeze extras, and reheat in toaster or pan.
- GF Oatmeal or other hot cereal
- Breakfast meat such as sausage or bacon
- Smoothie: with fresh fruit, vegetable juice, pureed vegetables, or other nutrient dense foods



Healthy Lunch/Dinner

- Chicken or other protein with:
 - Fruit
 - Raw veggie sticks with dipping sauce (such as hummus or nut butter)
 - Healthy snacks
- Slice lunch meat roll ups with shredded vegetables
- Sandwich on GF bread with sunflower seed butter (for peanut- and nut-free schools)
- Use a thermos for hot food:
 - Dinner leftovers
 - Soup, stew, chili
 - GF pasta
 - GF chicken nuggets or burger



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Healthy Snacks



- Fruit kebabs with nut yogurt dipping sauce
- Nut butters (almond, cashew, sunflower seed) on apple or celery
- Smoothie or homemade popsicles with pureed vegetables, vegetable juice, fresh fruit, nut yogurt
- Hummus with vegetables or pita
- Chicken pancakes
 - Blend 1 cup cooked chicken breast with 2 eggs. Pour in pan like pancake batter and cook.
- Homemade carrot or butternut squash chips



Healthy Desserts



- Add shredded beets or pureed greens to GF chocolate cake
- Chocolate Pudding made with avocado
 - 2 avocados, ½ C carob or cocoa powder, 1 C dates
 - Blend in food processor or blender for 10 minutes.
- Baked apple
- Whole fruit dessert such as peach crumble with GF oats
- Coconut Date balls
 - 1/2 C coconut butter, 1 1/2 C dates, 1 T hot coconut oil. Blend in food processor.
 - Form into snack-size balls and roll in coconut flakes.
- Fruit with chocolate nut butter
 - Mix nut butter with unsweetened cocoa powder and raw honey until sweet. Spread on apple.



Meal Plan

Breakfast	Lunch/Dinner	Snacks
Bacon Eggs	Meat patties with liver Butternut squash fries	Apple or pear with nut butter
Pancakes with pureed vegetables and/or added protein Sausage patty	GF pasta and meatballs Pureed veggie in sauce Peas	Chicken pancakes
French toast or GF toast with nut butter	Chicken nuggets Dipping sauce Steamed vegetables	Smoothie or fresh vegetable juice
Gluten-free porridge Chicken or turkey sausage	Nut-free PB&J - Sunflower butter and jam sandwich Carrot sticks	Hummus and raw vegetables or gluten-free bread/crackers
Smoothie Meat/sausage patty	Bean burgers or Indian lentil pancakes with cooked or shredded vegetables	Veggie latkes
Chicken pancakes and fruit (Add fruit to any breakfast)	Roasted meat Potatoes or Cauliflower mashed "potatoes" Veggie latkes	Applesauce Carrot chips

Meals: Add fruit, starches, and more vegetables as tolerated.



Rotation Diet

Rotate foods every 4 days	Beef: Day 1 and 5
Rotate food families every 4 days	Bovine family: including beef, buffalo, lamb - one of these day 1 and 5
Rotate food families every 2 days but any one food not more than 4 days	Beef day 1 Lamb day 3 Beef again day 5

• Eat food only once during day or multiple times per day depending on level of sensitivity and number of food choices

• Some people consider a "day" one calendar day from morning to night, others start with dinner and do a 24 hour rotation, ending with afternoon snack, then starting over again at dinner



4-Day Rotation Diet

	Day 1	Day 2	Day 3	Day 4
	Chicken Grain-free Almond	Beef Rice Sunflower seeds	Turkey Potato Cashew	Pork GF oats Egg- & Nut-free
Breakfast	Almond flour pancakes Berries	Muffin with rice flour and pureed pumpkin Apple with sunflower butter	Eggs Turkey sausage Blueberries	Bacon GF Oatmeal or oat flour muffin
Lunch	Chicken nuggets Peas Fruit	Hamburger w/ GF bun Pickle Fruit	Sliced turkey Hummus & carrots Fruit	Pork sausage Carrot chips Fruit
Snack	Chicken pancakes Pear	Rice bread and sunflower butter Banana	Potato/veggie latkes Cashews	Apple sauce with pureed raw sauerkraut Bacon from AM
Dinner	Roasted chicken Butternut squash fries Broccoli	Beef stir-fry with vegetables Rice	Turkey meatballs with pureed veg. Dipping sauce Potato	Pork chop or patty Sweet potato fries or pureed in patty Green beans



Chart Progress and Further Refine



- Correlations not always clear - Keep diet record.
- Add one food at a time - Take note.
- Avoid changing foods & supplements simultaneously.
- Watch for symptoms or regression:
 - Sometimes a "regression" is actually a sign of healing, i.e. removal of gluten/casein may cause opiate withdrawal
 - However, sometimes a new food substitution (corn) is problematic and needs to be removed
- Look for improvement
- See what's remaining, and consider additional diets/dietary intervention. Changing the diet or layering diets.
- Seek help from a nutrition consultant or qualified practitioner/physician

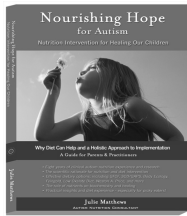


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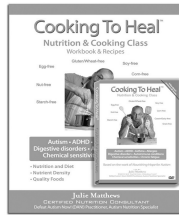
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