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CAVEMAN DIET

This primitive diet is an excellent screening test for food allergy and is very cost effective. It is simply a diet limited to fresh fruits, vegetables, and boiled/broiled meat for 2 weeks. The only beverages allowed are fruit juice, vegetable juice, and water. This gets out of the diet the most frequent food offenders, typically corn, egg, wheat, milk, soy, and peanut. The immune complexes and food antigens are metabolized and excreted within the 2 week period, and if food intolerance is a big part of the patient's problem, symptoms will be significantly better. At least 50% improvement in 2 weeks should be seen.

- I. Eat all you want of:
Fresh fruits (peel skin).
Fresh vegetables (peel skin).
Broiled, boiled, or baked meat. Do not eat any meat more than one time per day. (e.g. breakfast – chicken; lunch – steak; dinner – tuna)
Drink pure fruit juice, vegetable juice, and water.
Supplement with AMINO ACID PROTEIN (based on whey, soy, or rice)
- II. You may not have any prepared food products (boxed mixes, etc.)
You may not have any grains or nuts (including corn, rice and soy).
You may not have any dairy products: milk, butter, margarine, cheese, yogurt, ice cream, etc.
You may not have any fruit, vegetable or meat to which you have been found allergic.
Fruit “drinks” contain corn syrup and are NOT allowed.
- III. You may have one teaspoon of honey per day.
- IV. The purpose of this diet is to get the “hidden foods” out of the diet: corn, eggs, wheat, milk, sugar, soy, peanut, as well as chocolate, coffee, etc. These are the foods that people are most likely allergic to.
- VI. If you have had significant improvement, gradually re-introduce one new food over the course of 3 days. Test food should be a pure serving of the allergic food and should be eaten at least twice in one day. If you have an adverse reaction, discontinue the food, and wait for reactions to subside before introducing a different food. You may choose the ordering of reintroduction.

Days 0-14	Caveman Diet
Days 15, 16, 17	Whole milk (cow milk)
Days 18, 19 20	Cream of wheat (wheat)
Days 21, 22, 23	Soy Milk, Tofu, Edamame (soy bean)
Days 24, 25, 26	Grits, Corn on the Cob (corn)
Days 27, 28, 29	Whole egg (egg)