



THE LEAP PROGRAM • PART 4

After Your 6-Week Check-In



Rotation Diet Tips & Suggestions

The LEAP Rotation Diet (Phase 6) is normally started four to six weeks after you begin the LEAP Elimination Diet

As a general guideline, foods from the same “Food Family” are consumed only every 3 days whenever possible. This helps prevent new sensitivities from emerging. A 3-day rotation diet isn’t mandatory, so the rule to keep in mind is to simply vary your food choices as much as possible. Use the ideas in this section to help vary your diet for the long term.



Personalizing your rotation diet

Find a milk, oil, sweetener, and sour for each day

Look for or plan a “milk,” an “oil,” a “sugar/sweetener,” and a “sour/vinegar” for each rotation day. This will allow for more options in cooking or for sauces or salad dressings. Ask your dietitian for assistance if needed. For example, maybe you could have cow and oat milk on Day 1, rice and coconut milk on Day 2, and soymilk and goat’s milk on Day 3. Many types of milk can be frozen in one-cup portions with good results.

Milk Ideas

Cow’s milk, goat’s milk, soymilk, rice milk, oat milk, zucchini milk, coconut milk, almond, or other nut milk. These are not always interchangeable in a recipe, and may take some experimentation until you find the best uses for each.

Oil Ideas

Since you will be using several oils, buy small containers and keep them in the refrigerator to keep them fresh. It may help to label them with Day 1, Day 2, or Day 3.

Sugar/Sweetener Ideas

Cane sugar, beet sugar, fructose, maple syrup, brown rice syrup, corn syrup, honey, apple, grape, other fruit juice, fruit juice concentrate, sorbitol, saccharin, aspartame, sucralose (these may contain corn), and untested items such as stevia, date sugar, and agave syrup. Natural sweeteners are recommended over artificial sweeteners. The decision to use or not use sweeteners due to other health concerns should be discussed with your health care provider. Some people will want to avoid various sweeteners for other personal or health reasons. Listing a sweetener here does not necessarily endorse its use.

Sour/Vinegar Ideas

For dressings, vinaigrettes, flavoring: distilled vinegar; apple cider, cane, coconut, rice and raspberry vinegars; red wine or balsamic vinegar (caution if sulfite or amine sensitive); lemon, lime, and grapefruit juice; yogurt, and buttermilk. Another option available to some is using vitamin C crystals (ascorbic acid) which is available in most health food stores.

Salad Dressings

Consider having a “salad dressing” for each day of the rotation diet. See “RECIPES” for ideas for simple vinaigrettes that can be made by choosing a vinegar/ sour, oil, and seasonings within each rotation day. Make them into creamy dressings with yogurt, buttermilk, sour cream, mashed avocados or even finely chopped or ground nuts. Then store in bottles in the refrigerator for up to a week. These can help you build your menu with numerous salads, slaws, and sauces.

Homemade “TV Dinners”

Consider cooking in bulk and freezing meals to eat later. Purchase some freezer-safe storage containers. Meals like a pot roast with vegetables and grains or a soup often freeze well, or you can freeze individual portions when you cook. When you place the food in the freezer container, label it with a piece of masking tape with the date, name of food, and rotation day written on it. Then you’ll have a “TV Dinner” waiting for you in the future, eliminating the need to cook every day, or providing you with quick lunches you can take with you and reheat. This can also be a meal to help you adhere to your diet when your family or friends order pizza or another meal that you know will make you feel worse.

Food Families Guide

The Food Families Guide can be used as a reference to help expand your list of allowable foods in your 3-Day Rotation Diet Planner.

If you reacted to more than two members of the same food family, there is a possibility that other members of that family may also be reactive. Please avoid these additional foods if needed. The Food Families Index below can help you find food families for LEAP Test substances. Look for the family (in parentheses) on the pages that follow. Items listed in bold are items tested on the basic MRT 170.



MRT Test Substances Food Families Index

A	Coffee (Madder)	Lettuce (Composite)	Rosemary (Mint)
Almond (Plum)	Coriander seed (Parsley)	Lima Bean (Pea)	Rye (Grain)
Amaranth (Amaranth)	Corn (Grain)	Lime (Rue)	S
American Cheese (Cattle)	Cottage Cheese (Cattle)	M	Salmon (Salmon)
Apple (Apple)	Cow's Milk (Cattle)	Mango (Cashew)	Scallion (Lily)
Apricot (Plum)	Crab (Crab)	Maple (Maple)	Scallop (Scallop)
Asparagus (Lily)	Cranberry (Blueberry)	Millet (Grain)	Sesame (Sesame)
Avocado (Laurel)	Cucumber (Gourd)	Mint (Mint)	Shrimp (Prawn)
B	Cumin (Parsley)	Mung Bean (Pea)	Sole (Soledae)
Banana (Banana)	D	Mushroom (Mushroom)	Soybean (Pea)
Barley (Grain)	Date (Palm)	Mustard (Mustard)	Spelt (Grain)
Basil (Mint)	Dill (Parsley)	N	Spinach (Goosefoot)
Beef (Cattle)	E	Navy Bean (Pea)	Strawberry (Rose)
Beet (Goosefoot)	Egg White (Pheasant)	Nutmeg (Nutmeg)	Sunflower Seed (Composite)
Black Pepper (Pepper)	Egg Yolk (Pheasant)	O	Sweet Potato (Morning Glory)
Blueberry (Blueberry)	Eggplant (Potato)	Oat (Grain)	T
Bok Choy (Mustard)	F	Olive (Olive)	Tapioca (Spurge)
Broccoli (Mustard)	Flax seed (Flax)	Onion (Lily)	Tea (Tea)
Brussels Sprouts (Mustard)	G	Orange (Rue)	Tilapia (Tilapia)
Buckwheat (Buckwheat)	Garbanzo (Pea)	Oregano (Mint)	Tomato (Potato)
Butternut Squash (Gourd)	Garlic (Lily)	P	Tuna (Tuna)
C	Ginger (Ginger)	Papaya (Papaya)	Turkey (Turkey)
Cabbage (Mustard)	Goat's Milk (Cattle)	Paprika (Potato)	Turmeric (Ginger)
Cane Sugar (Grain)	Grape (Grape)	Parsley (Parsley)	V
Cantaloupe (Gourd)	Grapefruit (Rue)	Peach (Plum)	Vanilla (Orchid)
Cardamom (Ginger)	Green Bean (Pea)	Peanut (Pea)	Venison (Deer)
Carob (Pea)	Green Pea (Pea)	Pear (Apple)	W
Carrot (Parsley)	Green Pepper (Potato)	Pecan (Walnut)	Walnut (Walnut)
Cashew (Cashew)	H	Pineapple (Pineapple)	Watermelon (Gourd)
Catfish (Catfish)	Halibut (Flounder)	Pinto Bean (Pea)	Wheat (Grain)
Cauliflower (Mustard)	Hazelnut (Birch)	Pistachio (Cashew)	Whey (Cattle)
Cayenne (Potato)	Honey (No family)	Plum (Plum)	White Potato (Potato)
Celery (Parsley)	Honeydew (Gourd)	Pork (Swine)	Y
Chard (Goosefoot)	Hops (Hemp)	Pumpkin (Gourd)	Yeast - Baker's & Brewer's (Saccharomycetaceae)
Cheddar Cheese (Cattle)	K	Q	Yogurt (Cattle)
Cherry (Plum)	Kale (Cabbage)	Quinoa (Goosefoot)	Z
Chicken (Pheasant)	Kamut (Grains)	R	Zucchini (Gourd)
Cinnamon (Laurel)	L	Rainbow Trout (Salmon)	
Clam (Clam)	Lamb (Cattle)	Raspberry (Rose)	
Cocoa (Stericula)	Leek (Lily)	Red Kidney Bean (Pea)	
Coconut (Palm)	Lemon (Rue)	Rice (Grain)	
Codfish (Codfish)	Lentil (Pea)	Rooibos (Legume)	

FOOD FAMILY	FOODS IN THE FAMILY
ABALONE (HALIOTIDAE)	Abalone
ALARIACEAE (PHAEOPHYCEAE)	Wakame
ALLIGATOR (ALLIGATORIDAE)	Alligator
AMARANTH (AMARANTHAECAE)	Amaranth
ANCHOVY (ENGRAULIDAE)	Anchovy
ANGLERFISH (LOPHIDAE)	Monkfish
APPLE (POMACEAE)	Apple , apple cider, cider vinegar, pear , quince, loquat
ARUM (ARACEAE)	Poi, taro, malanga, dasheen arrowroot, ceriman
ASPERGILLACEAE	Miso (from soy), citrus mold, blue bread mold, camembert & Roquefort cheese, penicillin
BANANA (MUSACEAE)	Banana , arrowroot, plantains (Arrowroot may also come from a separate family, Maranta Arundinaceae or cassava)
BANGIACEAE	Nori (edible seaweed)
BARBERRY (BERBERIDACEAE)	Barberry, mandrake (or mayapple)
BEECH (FAGACEAE)	Chestnut
BIRCH (BETULACEAE)	Filbert, hazelnut , wintergreen, oil of birch
BLUEBERRY (VACCINIACEAE)	Blueberry , cranberry , huckleberry
BLUEFISH (POMATOMIDAE)	Bluefish
BONITO (CYBIDAE)	Bonito
BROWN ALGAE	Kelp
BUCKWHEAT (POLYGENACEAE)	Buckwheat , rhubarb, sorrel
BUTTERFISH (PHOLIDAE)	Butterfish, harvestfish
CASHEW (ANACARDIACEAE)	Mango , cashew , pistachio , poison ivy
CATFISH (SILURIDAE)	Freshwater catfish
CATTLE (BOVIDAE)	Beef , bison, buffalo (cape, water, etc.), ox, milk, whey and byproducts from these animals
CATTLE (CAPRINAE)	Goat, sheep (lamb), milk and byproducts from these animals
COCKLE (CARDIACIDAE)	Cockle
CODFISH (LOTINAE)	Cusk
CODFISH (MERLUCCINAE)	Hake, hoki

FOOD FAMILY	FOODS IN THE FAMILY
CODFISH (GADINAE)	Cod (scrod), haddock, pollack, whiting
COMPOSITE (COMPOSITAE & HELIANTHEAE)	Dahlia, Jerusalem artichoke, sunflower (oil and seeds)
COMPOSITE (ANTHEMIDEAE)	Chamomile, stevia, tarragon
COMPOSITE (CYNAREAE)	Globe artichoke, safflower (oil)
COMPOSITE (LIGULIFLORAE)	Belgian endive, chicory, dandelion, endive, escarole, lettuce, romaine, salsify
CRAB (PAGURIDAE)	Crab (all kinds)
CROAKER (SCIAENDAE)	Croaker (all varieties), drum, sea trout
CROCODILE (CROCODYLIDAE)	Crocodile
CUSTARD APPLE (ANONACEAE)	Custard apple, cherimoya, papaw
CYCAD (CYCADACEAE)	Florida arrowroot
DEER (CERVIDAE)	Caribou, venison , elk, moose, reindeer, antelope
DILLENIA (DILLENiaceae)	Kiwi fruit
DORY (ZEIDAE)	John Dory, other types of dory
DOLPHINFISH (CORYPHAENIDAE)	Mahi-mahi
DOVE (COLUMBIDAE)	Dove, pigeon (also called squab)
DUCK (ANATIDAE)	Duck (and duck eggs), goose (and goose eggs)
FLAX (LINACEAE)	Flaxseed (and oil)
FLOUNDER (HIPPOGLOSSIDAE)	Dab, flounder, plaice
FROG (RANIDAE)	Frog
EEL (ANGUILLIFORMES)	Eel
EBONY (EBENACEAE)	Persimmon
GIGARTINACEAE	Carrageen, Irish moss
GINGER (ZINGIBERACEAE)	Cardamom, ginger, turmeric , East Indian arrowroot
GINSENG (ARALIACEAE)	Ginseng
GOOSEBERRY (SAXIFRAGACEAE)	True currant, gooseberry
GOOSEFOOT (CHENOPODIACEAE)	Beet , sugar beet, orach, spinach, Swiss chard , lamb's quarters, quinoa
GOURD, MELON (TURBITACEAE)	Cucumbers , pickles, melons, canary, cantaloupe , casaba, crenshaw, honeydew , muskmelon, Persian, watermelon , squash, acorn, summer (crookneck, straightneck, yellow, zucchini), winter (acorn, butternut , spaghetti, hubbard, pattypan), gherkin, pumpkin

FOOD FAMILY	FOODS IN THE FAMILY
GRACILARIACEAE	Agar, edible seaweeds
GRAINS (BAMBUSEAE)	Bamboo shoots
GRAINS (HORDEAE)	Barley, kamut, rye, spelt , triticale, wheat (Gluten grains)
GRAINS (AVENEAE)	Oats (Contains gluten due to cross contamination)
GRAINS (FESTUCEAE)	Teff
GRAINS (ORIZEAE)	Rice
GRAINS (PANICEAE)	Millet
GRAINS (ANDROPOGONEAE)	Milo, molasses, sorghum, sugar cane and cane sugar
GRAINS (TRIPSACEAE)	Corn
GRAINS (ZINZANIA)	Wild rice
GRAINS (ACHNATHERUM)	Indian rice grass (Montina)
GRAPE (VITACEAE)	Grape , raisin, commercial dried “currants”, wine and wine vinegar, cream of tartar, grapeseed
GROUSE (TETRAONIDAE)	Grouse (partridge)
GUINEA-FOWL (NUMIDIDAE)	Guinea-fowl (and guinea-fowl eggs)
HALIBUT (PLEURONECTIDAE)	Halibut
HARE (LEPORIDAE)	Rabbit
HEMP (CANNABINACEAE)	Hops , marijuana
HERRING (CLUPEIDAE)	Herring, menhaden, sardine, shad
IRIS (IRIDACEAE)	Saffron
JACK (CARANGIDAE)	Jack, pompano
LAMINARIACEAE	Kombu, edible seaweeds
LAUREL (LAURACEAE)	Avocado, bay leaf, cinnamon , sassafras, camphor, gumbo file
LILY (LILIACEAE)	Onions, garlic , chives, leeks , shallots, green onions, asparagus , sarsaparilla, aloe vera
LOBSTER (HOMARIDAE)	Crayfish, lobster
MACKEREL (SCROMBRIDAE)	Mackerel
MADDER (RUBIACEAE)	Coffee
MALLOW (MALVACEAE)	Cottonseed (oil), hibiscus, okra
MAPLE (ACERACEAE)	Maple sugar, maple syrup
MINNOW (CYPRINIDAE)	Carp, chub, minnow

FOOD FAMILY	FOODS IN THE FAMILY
MINT (LABIATAE)	Basil , catnip, horehound, lemon balm, marjoram, mint , oregano , peppermint, rosemary , sage, savory, spearmint, thyme, bergamot, chia, betony, clary, hyssop, summer savory, menthol
MORNING-GLORY (CONVOLVULACEAE)	Jicama, sweet potato, camote
MULBERRY (MORACEAE)	Breadfruit, fig, mulberry
MULLET (MUGILIDAE)	Mullet
MUSHROOM (BOLETACEAE, RUSSULACEAE, AGARICACEAE)	Mushrooms , puffballs, truffles
MUSSEL (MYTILIDAE)	Mussel
MUSTARD (CRUCIFERAE)	Horseradish; arugula, mustard (greens and seed) radish, rutabaga, turnip, cabbage , broccoli , Brussels sprouts , cauliflower , Chinese cabbage (bok choy), collards, kale , kohlrabi, canola (oils and seeds), rapeseed, cress (curly, garden, upland, and water)
MYRTLE (MYRTACEAE)	Allspice, clove, guava, Jamaica pepper, eucalyptus
NUTMEG (MYRISTICACEAE)	Nutmeg , mace
OLIVE (OLEACEAE)	Olives : green, black, ripe, olive oil
OCTOPUS (OCTOPODIDAE)	Octopus
OPOSSUM (DIDELPHIDAE)	Opossum
ORCHID (ORCHIDACEAE)	Vanilla
OREO (OREOSOMATIDAE)	Oreo dory
OXALIS (OXALIDACEAE)	Carambola
OYSTER (OSTREIDAE)	Oyster
PALMARIACEAE	Dulse (edible seaweed)
PAPAYA (PAPAYACEAE)	Papaya
PARSLEY (UMBELLIFERAE)	Anise, caraway, carrot , celeriac, celery , celery seed, chervil, coriander , cumin , dill , fennel, parsley , parsnip, lovage, cilantro
PASSIONFLOWER (PASSIFLORACEAE)	Passion fruit
PEA (LEGUMINOSAE, PAPILIONOIDEAE)	Alfalfa; clover; beans: aduki, anasaki, black turtle, fava, great northern, green , kidney , lima, lupine, mung , navy , pinto, snap, string, soy , garbanzo , locust (carob) , lentil , lupine, masur, purple-hull, split; peanut or groundnut; peas: black-eyed, chick , green ; kudzu; licorice
PEA (MIMOSACEAE)	Gum acacia, gum arabic, gum tragacanth, senna
PEA (CAESALPINOIDEAE)	Tamarind (seasoning)
PEPPER (PIPERACEAE)	Peppercorns, white pepper, black pepper

FOOD FAMILY	FOODS IN THE FAMILY
PERCH (PERCIDAE)	Perch, walleye
PHEASANT (PHASIANDAE)	Chicken (and chicken eggs) , pheasant, quail, Cornish game hen
PIKE (ESOCIDAE)	Blackfish, muskellunge, pickerel, pike
PINE (PINACEAE)	Pinenuts, juniper (gin)
PINEAPPLE (BROMELIACEAE)	Pineapple <i>NOTE: Bromelain is derived from the stem of the pineapple, comprised of different proteins than the pineapple fruit, and generally safe as a nutritional supplement.</i>
PLUM (DRUPACEAE)	Almond, apricot, cherry, chokeberry, nectarine, peach, plum, prune
POPPY (PAPAVERACEAE)	Poppy seed
PORGY (SPARIDAE)	Porgy
POTATO (SOLANACEAE)	Eggplant, potato , tobacco, tomato , peppers: cayenne , chili, green, hot, paprika , pimiento, red, tomatillo, jalapeno, bell (yellow, gold, green, red)
PRAWN (PENEIDAE)	Prawn, shrimp
PROTEA (PROTEACEAE)	Macadamia nut
ROUGHY (TRACHICHTHYIDAE)	Orange roughy, other types of roughy
ROSE (ROSACEAE)	Blackberry, boysenberry, dewberry, loganberry, longberry, raspberry, rosehip, strawberry , youngberry
RUE / CITRUS (RUTACEAE)	Angostura, calamondin, citron, grapefruit , kumquat, lemon, lime , mandarin, murcot, oranges , pomelo, Satsuma, shaddock, tangerine, tangelo, ugly fruit
SACCHAROMYCETACEAE	Baker's yeast, brewer's yeast
SAILFISH (ISTIOPHORIDAE)	Marlin, sailfish
SALMON (SALMONIDAE)	Salmon, trout (all freshwater varieties)
SAPUCAYA (LECYTHIDACEAE)	Brazil nut, paradise nut
SCALLOP (PECTINIDAE)	Scallop
SCORPIONFISH (SCORPAENIDAE)	Scorpionfish
SEA BASS (SERRANIDAE)	Grouper, sea bass
SEA CATFISH (ARIIDAE)	Sea catfish
SEDGE (CYPERACEAE)	Water chestnut
SESAME (PEDALIACEAE)	Sesame seeds, sesame oil
SILVERSIDE (ATHERINIDAE)	Silverside
SMELT (OSMERIDAE)	Smelt

FOOD FAMILY	FOODS IN THE FAMILY
SNAIL (HELICIDAE)	Edible snails
SNAPPER (LUTJANIDAE)	Mutton snapper, red snapper
SOFT-SHELLED CLAM (MYACIDAE)	Soft-shelled clam
SOLE (SOLEDAE)	Sole
SPURGE (EUPHORBIACEAE)	Castor oil, cassava, tapioca , yucca, (arrowroot from cassava)
SQUIRREL (SCIURIDAE)	Squirrel
SQUID (LOLIGINIDAE)	Squid, cuttlefish
STERCULA (STERCULIACEAE)	Chocolate, cocoa , cola nut
STURGEON (ACIPENSERIFORMES)	Sturgeon (caviar)
SUCKER (CATASTOMIDAE)	Sucker
SUNFISH (CENTRARCHIDAE)	Black bass, crappie, freshwater bass, sunfish
SWINE (SUIDAE)	Swine, pig, pork , ham, bacon, wild boar, bear
SWORDFISH (XIPHIDAE)	Swordfish
TEA (THEACEAE)	Black tea, green tea, orange pekoe, pekoe
THICK-SHELLED CLAM (VENERIDAE)	Thick-shelled clam
TILAPIA (CICHLIDAE)	Tilapia
TUNA (THUNNIDAE)	Albacore, tuna
TURBOT (BOTHIDAE)	Turbot, California halibut
TURKEY (MELEAGRIDIDAE)	Turkey , turkey eggs
TURTLE (CHELONIDAE)	Terrapin, turtle
WALNUT (JUGANDACEAE)	Black walnut , English walnut, pecan, hickory, white walnut
WATER LILY (NYMPHAEACEAE)	Lotus
WHEY (Cattle)	Whey
WHITEFISH (COREGONIDAE)	Whitefish
YAMS (DIOSCOREACEAE)	Yams, Chinese potato, cush-cush, yampee, water yams, yellow yams, black yams, elephant's foot (NOT SWEET POTATO)

Food Sensitivity Resources

Reference Books

Food Allergies & Food Intolerance: The Complete Guide to Their Identification and Treatment

Dr. Jonathon Brostoff and Linda Gamlin

This is one of the best books available on the subject. It's detailed yet easy to understand and covers all types of adverse food reactions as well as specific strategies to use to identify your reactive foods. It also provides useful reference information, helping the food sensitivity sufferer to treat the problem.

Food Allergy Survival Guide: Surviving and Thriving with Food Allergies and Sensitivities

Vesanto Melina, MS, RD; Jo Stepaniak, MEd; Dina Aronson, MS, RD

Great resource AND recipe book-dairy, egg, fish, gluten, peanut, shellfish, soy, nut, wheat, yeast free. Also, vegetarian.

Beyond Antibiotics: Boost Your Immunity and Avoid Antibiotics

Dr. Michael A. Schmidt

The latest edition of this guide presents additional evidence that modern medicine's continuing reliance on antibiotics as a prime weapon against illness deserves rethinking. Here, the author suggests many natural methods to strengthen the body's immune system.

Dr. Braly's Food Allergy and Nutrition Revolution: For Permanent Weight Loss and a Longer, Healthier Life

Dr. James Braly

The initial event that creates an environment for many diseases is commonly a breakdown of the body's natural ability to maintain health (i.e. immune system deficiencies). Dr. Braly's book offers excellent information that explains how your body should work, why it doesn't, and what you can do to make it work properly just by modifying your diet.

Essential Fatty Acids in Health and Disease

Dr. Edward N. Siguel

Dr. Siguel's mathematical expertise and medical knowledge have led him to expand our understanding of the role of fatty acids in health and disease. This readable book synthesizes years of his original research into a unique message and practical recommendations. Once read, you will have a greater understanding of the role of fats in disease prevention and management.

Food Allergies Made Simple

P. Austin; A. Thrash, M.D.; and C. Thrash, M.D.

Doctors Agatha and Calvin Thrash have practiced medicine for almost 30 years; of which they have spent 15 years in the study and practice of natural methods of healing disease. This book contains practical answers and techniques for evaluating what foods may cause sensitivities, and ways to eliminate elements causing the problem.

The 20-Day Rejuvenation Diet Program

Dr. Jeffrey S. Bland

Using the latest information in nutritional science, Dr. Bland has designed a program to inhibit the aging process and enhance your energy and vigor.

The Yeast Connection Handbook

Dr. William G. Crook

Dr. Crook's research has shown that many health disorders in both men and women can be traced to an overgrowth in the body of common yeast, candida albicans. This revised edition of his popular handbook on the subject contains 25% new information, including data on health problems in children, interstitial cystitis, endometriosis, multiple sclerosis, alternative medicine, and non-prescription anti-yeast medications.

The Yeast Connection and the Woman

Dr. William G. Crook

This comprehensive wellness plan focuses on candida albicans; what it is, how it causes illness, and why women are affected by it more than men. Dr. Crook provides information about these problems and their management, which can prepare his readers to take control of their bodies.

Why Can't My Child Behave?

Jane Hersey

Sometimes good parents have difficult children. If you find yourself dealing with a child whose behavior simply doesn't make sense, and the parenting techniques you have tried aren't working, take heart. You have a lot of company. This book is about parents who have faced the issues you are dealing with and have found solutions. It shows that some foods and some chemicals added to foods can affect how a person behaves, their ability to pay attention and to learn. For more than two decades, parents have translated this research into practical, everyday how-to's. This book will introduce you to families, tell how they changed their children's behavior, and show what you can do to help your child and yourself today.

5001 Mysteries of Liquids & Cooking Secrets Plus 100 Recipes

Dr. Myles H Bader

Fun and interesting book about all types of liquids, ingredients used in processing (wine, beer and alcohols) and just interesting stuff. Great 'sleuthing' source.

Cookbooks

Allergy Cooking with Ease

Nicolette Dumke

This book contains over 250 original, delicious recipes using a variety of flours and includes both vegetarian recipes and those made with a variety of unusual sources of protein. Recipes can be found for those special foods that most food allergy patients think they will never eat again. This is an essential addition to any food allergy culinary bookshelf.

Allergy Free Eating: Key to the Future

Liz Reno

This book is for those suffering from immune disorders and allergies, as well as those seeking a healthy lifestyle. Easy to understand, it provides delicious allergen free recipes with lots of food substitutions. Whether used by a health care professional or individuals suffering from allergies, this guide offers a lifeline toward healthful life changes in cooking and eating.

Allergy Recipes

Dr. Sally Rockwell

Dr. Rockwell's personal experience with food allergies contributes meaningful insight into healing from allergies with rotation food planning. Her color coded guide makes planning family meals fun while avoiding all grains, soy, peanut, milk products, eggs, yeast, and refined sugars.

Allergy Self Help Cookbook

Marjorie Hunt Jones

An easy-to-follow collection of more than three hundred recipes for allergy sufferers explains how to cook delicious meals without using such common allergens

as milk, wheat, eggs, corn, yeast, sugar and others. This book delivers many methods to remain on a precise diet without monotony.

Easy Breadmaking for Special Diets

Nicolette Dumke

This is the perfect book for bread machine owners who bake for anyone on a "special" diet which includes: wheat-free, milk and lactose-free, egg-free, gluten-free, yeast-free, sugar-free, low fat, and high to low fiber diets. Ms. Dumke provides great insight into the use of bread machines with some of the more difficult ingredients that are used on special diets. Best of all, these recipes really work and produce delicious breads that will appeal to everyone, regardless of diet!

The Gluten-Free Gourmet Cooks Fast & Healthy: Wheat-free With Less Fuss and Fat

Bette Hagman

Responding to the needs of those who must whip up a gluten-free meal the end of a working day, the author of *The Gluten-free Gourmet* and *More from the Gluten-Free Gourmet* has created over 275 recipes for gluten-free pasta, baking, and soup mixes that are just as easy to use as any supermarket variety. Hagman also provides a rich array of recipes for breads, cakes, cookies, and pastries.

Good Food Gluten Free

H.C. Hills

A program full of nutritious foods without wheat, rye, oats, or other foods containing gluten. Also included are listings of forbidden foods and tips for avoiding reactive foods at parties and restaurants.

How to Cook Everything or How to Cook Everything: The Basics

Mark Bittman

Simple recipes anybody can cook, including many of the LEAP tested foods, from pasta, grains and beans to duck, fish, shellfish, pork, poultry, beef and lamb. Also basic fruit, vegetable and egg recipes. For the beginner cook, but also enjoyable for the seasoned cook.

The Lactose-Free Family Cookbook

Jan Main

Here's a cookbook that's full of dairy-free recipes for all those millions of Americans who are lactose intolerant. The author has reinvented 150 popular recipes that rely on butter, milk, and cheese. Without these ingredients, you get the added bonus of lower fat and cholesterol while still providing the essential calcium that can be lost without dairy products.

Superfoods: Allergy Recipes

Marjorie H. Jones

36-page booklet, 60 recipes using 6 best alternatives to wheat - pancakes to piecrust, casseroles to cobblers, unique family-tested recipes. Also omits milk, egg, sugar, citrus and other common allergens. Concise, yet packed with simple, good tasting recipes.

Vegan Handbook

Debra Wasserman

Featuring over 200 delicious recipes, this book is a much-needed guide for the novice as well as the long-term vegetarian.

The Yeast Connection Cookbook: A Guide to Good Nutrition and Better Health

Dr. William G. Crook and Marjorie Hurt-Jones

This book offers authoritative information on foods that promote good health for everyone, including those who do not have a yeast problem. In addition to 225 family and kitchen-tested recipes, this book discusses food contaminants and provides suggestions for obtaining safe foods. It also gives detailed instructions for overcoming food allergies.

Periodicals

Allergy Hotline

(407) 628-1377

A monthly newsletter that contains the most timely news regarding allergy-related reports. Analyses, book reviews, recipes, and information for allergy-free surroundings.

Canary Connect News

(319) 351-2317

A newsletter with the most current information on Candida-connected networks.

Changing Appetites

(805) 563-1321

A monthly newsletter of resources, and delicious recipes for allergy-free eating.

Here's To Your Health

A monthly newsletter written by radio's Dr. Donald Carrow. Provides information on the latest findings in nutritional science.

The Food Allergy Network

(800) 929-4040 or foodallergy.org

A bi-monthly newsletter with practical guidelines, allergy-free recipes, articles written by dietitians, and nutritional product information.

The Newsletter for People with Lactose Intolerance and Milk Allergy

(313) 572-9134

A bi-monthly newsletter with information for the milk-sensitive population. Consists of product and nutritional news and recipes.

Support Groups

Developmental Delay Registry

(301) 652-2263 or devdelay.org

Support and information for developmental delays in children such as ADD, ADHD, Autism, PDD, etc.

The Feingold Association of the US

(800) 321-3287 or feingold.org

Support and nutritional programs for ADD, ADHD, and Autism.

Catalogs for Alternative Foods & Recipes

Azure Standard

(541) 467-2230 or azurestandard.com

A natural foods distributor provides a large selection of organic and natural foods and supplements and specialty foods for special diets. Azure Standard delivers to most of the Northwest, and ships all over the country.

Bob's Red Mill

(800) 349-2173 or bobsredmill.com

Great catalog of special grains, seeds, flours, cookbooks.

Dietary Specialties

(888) 640-2800 or dietspec.com

Catalog of special grains and items that are ready-made for gluten-free and low protein diets.

Eden Foods

(800) 248-0320 or edenfoods.com

Email newsletter, no catalog

Ener-G Foods

(800) 331-5222 or ener-g.com

Specializes in foods without wheat, gluten, egg, milk, soy, corn, and yeast. Also low protein products. Get personalized recipes according to the criteria of your diet. Catalogs available: Allergy, Gluten-free, Low Protein

The Gluten-Free Pantry

(860) 633-3826 or glutenfree.com

Gourmet baking mixes and cookbooks for the gluten-free diet.

King Arthur Flour Baker's Catalog

(800) 827-6836 or kingarthurfLOUR.com

Color catalog of baking supplies, flours, and recipes.

The Meat Shop

(253) 537-4490

Supplies natural certified organic beef, chicken, and pork. Will ship one-day Air anywhere in the U.S.

Soy Connection

(800) 825-5769 or soyconnection.com

Call to receive free information and recipes.

Tahoma Clinic Dispensary

(888) 893-6878 or tahomadispensary.com

Stocks many natural foods and supplements for your special dietary needs. Will ship anywhere.

Allergy-Free Eating Food Sources

Vitamin College Natural Grocers

(800) 817-9415 or naturalgrocers.com

A natural foods distributor provides a large selection of organic and natural foods and supplements and specialty foods for special diets. Azure Standard delivers to most of the Northwest, and ships all over the country.

KA-ME Products

(201) 843-8900 or kame.com

Noodles, vinegars, fruits, vegetables, rice crackers, etc

Northern Quinoa Corporation

quinoa.com

French Meadow Bakery

(612) 870-4740 or frenchmeadow.com

Eden Foods

(800) 248-0320 or edenfoods.com

Birkett Mills

(315) 536-3311 or thebirkettmills.com

Buckwheat products and recipes

ENER-G Foods

(206) 767-6660 / (800) 331-5222 or ener-g.com

Egg replacer

Bulk Foods Online

(419) 537-1713 or bulkfoods.com

Spices, herbs, dried fruits and vegetables, nuts

Karen's Naturals

shopkarensnaturals.com

Dehydrated and freeze-dried fruits and vegetables

The Hain Specialty Group

hain.com

Parent company of many brands. Many of the sites below have recipes and store locators as well as product information, nutritional information, and ingredient listings.

Arrowhead Mills arrowheadmills.com

Hollywood Oils hain.com/ourbrands/hollywood

Hain Pure Foods hainpurefoods.com

Imagine Foods imaginefoods.com *Soups and stocks*

Westbrae Natural hain.com/ourbrands/westbrae
Vegetarian products, beans, soups, pasta, vegetables, condiments, Japanese products, rice and soy beverages

Rice Dream tastethedream.com *Rice and soy beverages and non-dairy ice cream*

Westsoy westsoy.biz *Soy beverages*

Freebird freebirdchicken.com *Organic chicken*

Attune Foods

attunefoods.com

Various natural cereals, hot and cold, gluten free, single ingredient. Recipes. (Uncle Sam, Erewhon, Farina Mills, New Morning brands)