

Food Intolerance Seminar - A practical seminar for dietitians

Introduction:

Adverse reactions to foods are estimated to affect 15 to 20% of the population (ref.1) The consumption of natural and added chemicals has been shown to contribute to a range of adverse reactions, with clinical presentations frequently including functional bowel disorders (ref.1), chronic urticaria/angioedema (ref.2), and headache/migraine. Self-diagnosis and self-management by patients experiencing adverse reactions to foods is common, with delays in accurate diagnosis and management.

Methods:

The RPAH diagnostic elimination diet and challenge protocol is an effective "N-of-one" diagnostic tool to identify, assess and manage individuals with food intolerance. Research findings regarding the RPAH diagnostic elimination diet and challenge protocol are available from <http://www.slhd.nsw.gov.au/rpa/allergy/research>.

Results:

This seminar will cover the range of symptoms and foods triggered by 'non IgE mediated food allergy' in infants and children and food intolerances in adults. It will help develop knowledge and skills related to the implementation of a diagnostic elimination diet, challenge and liberalisation protocols. It will refine existing skills in nutrition assessment when managing patients on individualized restricted diets. It will assist develop food knowledge on substituting alternatives for food allergens, high chemical foods and label reading.

Conclusion:

An interactive seminar on the RPAH diagnostic elimination diet and challenge protocol will help dietitians new to or working in the area of adverse food reactions. It will allow the development of knowledge and skills involved in nutrition assessment when managing patients on restricted diets.

1. Lomer MCE. Review article: the aetiology, diagnosis, mechanisms and clinical evidence for food intolerance. *Aliment Pharmacol Ther.* 2015; 41(3):262-75.
2. Magerl M, Pisarevskaja D, Scheufele R, Zuberbier T, Maurer M. Effects of a pseudoallergen-free diet on chronic spontaneous urticaria: a prospective trial. *Allergy.* 2010;65(1):78-83