

Individualising the Diet Treatment Pathway for food sensitivity symptoms: The “diamond” patient-centered treatment plan

- Dietitians are needed because diet is not pre-scribed: it needs to be developed for each patient. “The diet is in the person, not in the diagnosis”.
- Record you clinical findings on foods most often causing adverse reactions.

Patient as an individual
Patient’s symptoms
Patient’s suspect foods.

Family Sensitivity History: Family symptoms
Family suspect foods and environmental suspects
Supersensitivity to smells etc.

Fussiness



Diet Options

Low-chemical diet, Dairy-&-wheat free, Allergen-free, Lactose-free, Low-grain-fibre free, High-fibre, Added-probiotics, Added-prebiotics, FODMAPS-free, Low-alcohol, Low caffeine, Low-fat, Increased-fluid, Increased-nutrition, High-energy, Low-energy.



Develop Personal Elimination Diet

Designed from diet options



Personalised Challenges

From whatever diet option was chosen



Individual Food Trials

From whatever diet option was chosen
Necessary but takes time



Patient's Own Best Diet

Advanced practice requiring sophisticated patient-centered diet investigation towards the individual patient’s best diet is required. Written by Joan Breakey www.foodintolerancepro.com
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