

UNDERSTANDING DIET RELATED ECZEMA

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DELAYED ECZAMATOUS REACTIONS

- Occurs hours to days after consuming trigger food
- Blood test and allergy skin tests are not always accurate in confirming diet related eczema
- Mediated by IgE
- Early onset in childhood or late-onset in older adults
- Can be worsened by weather, contact irritants, stress and poor gut and digestive function
- Chronic and systemic inflammation can contribute to presentation

FOODS TO AVOID

common food triggers

DAIRY [animal milks (cows, goats, sheep, buffalo etc), cheeses, butter, buttermilk, yogurts, creams, cottage cheese, chaas, condensed milk, powdered milk ingredients, eggnog, lassi, etc]

GLUTEN [breads, most marketed cookies, desserts made with most flours beers, barely, bulgur wheat, wheat products and flours, rye, spelt, kamut, etc]

**note that a GF labelled product may still come in contact with gluten cross contamination*

EGGS & EGG PRODUCTS

NIGHTSHADES [tomatoes, eggplants, peppers, potatoes]



FOODS TO ADD

foods that help in inflammation

COLD WATER FISH [salmon, trout, sardines, makarel, cod, etc]

OLIVE OIL

DARK LEAFY GREENS [kale, spinach, swiss chard, leeks, collards, dandelion, rapini, arugula, broccolini, etc]

PROBOITC FOODS [miso, kimchi, dairy free live culture yogurts or kefir, etc]

