

Healthy, Enjoyable Meals

...despite food sensitivity

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When you are sensitive to food, it's common to end up on a very restricted diet. But it's hard to live that way! These easy-to-follow tips will guide you towards healthy, enjoyable meals.

Be careful with elimination diets. Elimination diets are promoted as a holistic and safe treatment for every chronic condition. Unfortunately, they can lead to malnutrition, food fears, social isolation and can be a time, stress and financial burden.

Elimination diets need to be done carefully and continued only if the elimination is truly helpful.

There are no proven tests to pinpoint food sensitivities. You can spend your money on IgG, MRT, kinesiology, etc., but these tests aren't standardized and give different results—even with the same test on the same person. Testing can lead to unnecessary restriction and confusion.



Only make one change at a time, and learn to look for patterns. Haphazard changes (example: diet, supplements) and obsessing about symptoms is stressful, confusing, and expensive. A systematic plan to make adjustments and objectively observe the impact of these changes will lead to meaningful improvement. Be patient, as this can be a long, but worthwhile, journey.

Take a break from internet research. The internet is a blessing and a curse. Too much research about food or symptoms will leave you exhausted, uncertain, and afraid. Limit your research to reputable sites to avoid being distracted by all the noise online.

Many events trigger symptoms, not just food. Your body is affected by things you can see—like food, weather or stress—and things you can't see—like hormones and infections. Most people focus on food, because it's easy to control, but your reaction might be caused by something else.

Meal planning is essential. Constantly worrying about what you'll eat at upcoming meals is tiring. Meal planning saves time, money and reduces stress.

Incorporate self-care strategies into your day. Self-care strategies will help you deal with the fear and frustration that are common with food sensitivities.

Work with a registered dietitian. These experts can help create meal plans, clarify confusion, determine what foods agree with you, and help kickstart your journey back to healthy, enjoyable meals. Registered dietitians have rigorous university training and are regulated by their professional colleges.

**Wendy helps food sensitive clients expand their diet and eat healthy, enjoyable meals.
Learn more at WendyBusse.com**