

Food Sensitivity Nutrition Care

Course Outline

Module #1: Introduction

- Welcome to the Grey-Zone
- Long-term Consequences of Careless Diet Restriction
 - What is careless communication?
 - How Does Over-Restriction Harm our Clients?
- Food Is Not Medicine
 - How Does Food Become Medicalized?
 - Food Is a Source of Joy
- Course Overview

Module #2: Physiology Overview

- Introduction - Physiology Overview
- Knowledge is Like an Iceberg
- Role of Inflammation
- Role of Food in Symptoms – Sole Cause, Contributor or Not Related
- Food Components
- Food Proteins
 - Epitopes
 - Epitope Destruction
 - Cross-Reactivity

Module #3: Above the Water: Our Current FS Knowledge

- Introduction - Above the Water: Our Current FS Knowledge

Food Sensitivity Nutrition Care – Course Outline

- IgE Food Allergy
 - Summary
 - IgE Antibodies & Mast Cells
 - Atopic Disease (Atopy)
 - IgE Mediated Food Allergy Symptoms
 - Diagnosis
 - Importance of Seeing a Clinical Immunology Physician (Allergist)

- Pollen Food Allergy Syndrome
 - Summary
 - Pathology

- Celiac Disease
 - Summary
 - Pathology
 - Symptoms
 - Diagnosis
 - Why Clients Need to Know if They Have Celiac Disease
 - Non-Celiac Gluten Sensitivity

- Eosinophilic Gastrointestinal Diseases
 - Summary
 - Pathology
 - Symptoms
 - Diagnosis and Treatment

- Lactose Intolerance
 - Summary
 - Pathology
 - Symptoms
 - Diagnosis and Treatment

- Poorly Digested or Absorbed Carbohydrates
 - Summary
 - Low FODMAP
 - Disaccharidase Deficiency

Module #4: The Murky Depths: Theories

- Introduction - The Murky Depths: Theories

- Common Restrictions
 - Histamine
 - Salicylates
 - Oxalate
 - Lectins
- Leaky Gut
- Food- Dependent, Non-Allergic Mast Cell Activation

Module #5: Food Sensitivity Testing

- Introduction - Food Sensitivity Testing
- Why Is FS Testing So Popular?
 - Clients want black-and-white answers
 - Food sensitivity is a common culprit in lay media
 - Clients want food to be the cause of their symptoms
 - Non-validated tests seem to work
- Take a Close Look at Company Claims
- Long-term Consequences of Food Sensitivity Testing
- IgE Food Panels
 - Case Study Introduction
 - Confusion & Over Restriction
 - Answering Your Client's Questions
 - Case Study Conclusion
- Food-Specific IgG Blood Tests
 - IgG Case Study Introduction
 - What is IgG?
 - Food-Specific IgG Blood Tests
 - Evidence for IgG Food Sensitivity Testing
 - IgG Case Study Conclusion
- How to Talk with Clients about Non-Validated Testing

Module #6: Counselling Concepts

- Introduction – Counselling Concepts

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- Client-Centered Approach
- Communication Skills
 - Non-Judgemental Approach
 - Validate the Client’s Suffering
 - Do Not Say, “Everything is Fine”
 - Reinforce What the Client is Doing Well
 - Sitting with Your Discomfort During Counselling
 - Normalize the Client’s Experience
 - Be Aware of How Your Beliefs Impact Your Communication!
 - Do Not Dismiss Theories/Beliefs That You Disagree With
- Using Theories in Your Practice
 - Learn About Theories with a Critical-Thinking Lens
 - Let Clients Know When You are Discussing a Theory

Module #7: Assessment

- Introduction - Assessment
- Understand and Respect Your Client’s Goals
- Goals Can Change
- Disordered Eating: Avoidant Restrictive Food Intake Disorder (ARFID) & Orthorexia
- Contraindications to Diet Restriction
- Assessment Questions to Learn About Your Client’s Illness Experience
 - Learn More About Their Intake and Symptoms
 - How Is Their Quality of Life Affected?
 - If the client’s goals involve a theory or food sensitivity testing, additional questions could include:
 - Have They Developed Food Fear?

Module #8: Compassionate Self-Reflection

- Introduction - Compassionate Self-Reflection
- Negative Thought Patterns (i.e., Loops) and Relevant Questions
 - Blaming Symptoms on Food
 - Excessive Research

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Haphazard Treatment Changes
Worrying About What to Eat at Upcoming Meals
Preoccupied with Food & Symptoms and Missing out on Life

- Professional Self-Reflection

Module #9: Help Clients Out of Survival Mode

- Introduction - Help Clients Out of Survival Mode
- How Do Food Sensitivity Clients Feel?
- Offering Reassurance
- Survival Mode 101
 - Survival Mode's Impact on the Mind and Body
- Client Needs in Survival Mode
 - Recognizing Survival Mode and Resetting
 - Meal Planning

Module #10: Experiment Plans

- Introduction - Experiment Plans
- Helping Clients Decide Which Experiments to Try
 - Potential Benefits
 - Potential Disadvantages
- Write an Experiment Plan
 - Write the Plan
 - Keep a Future Potential Treatments List
 - Experiment Plan Encouragements
- Evaluate and Make Decisions

Module #11: Systematic Elimination Diets

- Introduction - Systematic Elimination Diets

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- Do You Have Time to Support Your Client?
- Elimination Diet Planning
- Evaluation

Module #12: Food Challenges and Final Diet

- Introduction - Food Challenges
- Food Challenge Plan
- Blinded Food Challenges

- Interpreting Food Challenges
- When You Don't Get Straightforward Answers
- Remain Curious About Restricted Foods
- Final Diet

Further Topic Exploration

➤ Review Articles

I have chosen the most comprehensive and practical review articles that have been published in the last two years.

Title	PubMed ID	Comments
ACG Clinical Guideline: Management of Irritable Bowel Syndrome (2020)	33315591	Twenty-five recommendations (including dietary) are made and rated with quality of evidence and strength of recommendation.
IgE-Mediated Food Allergy (2019)	30370459	The pathology section is detailed, and you need a background in immunology to understand it. However, this is a small part, and it is an excellent overall review.
Food Intolerances (2019)	31336652	Free PCM article Reviews the low FODMAP diet, histamine intolerance, food additive/chemical sensitivities and sucrase-isomaltase deficiency.
Celiac disease: a comprehensive current review (2019)	31331324	Free PCM article The pathology section is detailed, and you need a background in immunology to understand it. However, this is a small part, and it is an excellent overall review.
Eosinophilic Gastrointestinal Disorders (2019)	Gonsalves, N. <i>Clinic Rev Allerg Immunol</i> 57 , 272–285 (2019).	Excellent, clearly written review that includes a good section on diet therapies.

➤ Website Resources

Very few web resources have been developed for grey-zone clients. If you are interested in creating web resources, consider developing focusing on the needs of grey-zone clients. Almost all food sensitivity websites have been developed for “above-the-water” conditions. I have included my favorites in the table below, but please let me know if you have further suggestions. Most resources are Canadian and American, so I apologize to our international course participants.

Food labelling handouts, must be used with caution because they are usually targeted to individuals that need severe restrictions (e.g., preventing cross contamination). They are often inappropriate for grey-zone clients. For example, a client with a self-diagnosed milk restriction will usually tolerate food with milk cross contamination. If the client is given a handout that includes severe restrictions, they may over-restrict their diet.

When choosing resources for your client, remember that food labelling, school policy, etc. are country specific.

P = Professional: the resource is primarily intended for professional learning.

C = Client: the resource is suitable for clients.

Note: Eventually put this chart in TablePress, so people can sort it by any of the columns.

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#	Category	Source	Resource
1	Celiac Disease	<u>Canadian Celiac Association</u> CCA is the only Canadian non-profit organization with a focus on celiac disease. I have highlighted a few of their good resources. They have a <u>client support phone service</u> and regional chapters throughout Canada.	<u>Gluten-Free Eating</u> C - Handout developed in conjunction with Dietitians of Canada and PEN. <u>Medical Tax Information (Canada - Gluten-Free Diet)</u> C - Obtain information on claiming gluten-free foods as a medical expense (with a diagnosis of celiac disease). ➤ <u>Six key elements for management of patients with celiac disease (Adapted from NIH 2004)</u> P - Clear, concise timeline of the ideal management of a celiac patient.
2	Celiac Disease	<u>Beyond Celiac</u> American organization.	<u>Getting Started: A Guide to Celiac Disease & the Gluten-Free Diet</u> C - This online booklet is available free of charge and is a great starting point for newly diagnosed celiac patients (or those that need a refresher). Food labelling information would be specific to the US
3	Celiac Disease	<u>Celiac Disease Foundation</u> Non-profit organizations in the United States that is dedicated to improving information, awareness, and advocacy for celiac disease.	<u>Tax Deductions for Celiac Disease (US)</u> C - Information on claiming the extra cost of gluten-free foods as a medical expense.
4	Conditioned Food Sensitivity	<u>FAST Freedom Program</u> Helping food sensitive people rebuild body and food trust.	<u>FAST Freedom Blog</u> C – Consise articles describing conditioned sensitivity and the food avoidance & sensitivity trap.
5	Counselling Skills	<u>Andrea Hardy, RD</u> Andrea is an RD in Calgary, Alberta and runs a multi-disciplinary digestive health clinic.	<u>Quit Killing Human Connection With Science: Making Patient Care Meaningful</u> P - A great Tedx talk about connecting with clients.
6	Counselling Skills	<u>Tara Brach</u> Tara Brach is an inspiring meditation leader.	➤ <u>RAIN: A Practice of Radical Compassion</u> C - A practical tool to share with clients to help them be present during challenging moments.
7	Eosinophilic Disorders	<u>American Partnership for Eosinophilic Disorders</u> Largest organization for eosinophilic disorders. A professional advisory board reviews the information.	<u>Nutrition and Recipes</u> C – Basic resources are provided (and they have been getting better in the last few years).
8	Food Allergy Coping	<u>Food Allergy Canada</u> Similar organization to FARE, but Canadian.	<u>Why Risk It</u> C - Unique website that is dedicated for allergic teens.
9	Food Allergy Coping	<u>Food Allergy Canada</u> Similar organization to FARE, but Canadian.	<u>Newly Diagnosed Support Center</u> C - Great resource for those newly diagnosed with an anapylactic food allergy (Canadian).
10	Food Allergy Coping	<u>Food Allergy Research & Education (FARE)</u> Large US website with practical information for managing food allergy (focus on anaphylaxis).	<u>Food Allergy 101</u> C - Great resource for those newly diagnosed with an anapylactic food allergy (American).
11	Food Sensitivity Testing	<u>Food Allergy Research & Education (FARE)</u> Large US website with practical information for managing food allergy (focus on anaphylaxis).	<u>Blood Tests</u> C - Concise article that clearly explains the high rate of false positive with skin testing and food-specific IgE blood tests.

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12	Food Sensitivity Testing	BDA: The Association of UK Dietitians	Food Allergy and Food Intolerance Testing: Food Fact Sheet C – Good article with an overview of both conventional and unvalidated testing methods.
13	Food Sensitivity Testing	Marketplace An investigative show in Canada.	‘There is no validity’: Unproven blood tests for food sensitivity widely offered in Canada C - An informative program on IgG blood testing. Commissioned-Analysis-of-Studies-Sent-by-Labs P - As part of the above program, Marketplace commissioned a health researcher (Jason Busse – no relationship to me) to review the studies sent by Dynacare and Life Labs.
14	Label Reading	Food Allergy Canada Similar organization to FARE, but Canadian.	Reading Food Labels C - Basic information for label reading. Information on specific restrictions (e.g., wheat, milk, etc.) can be found under Food allergy basics
15	Label Reading (Canada)	Canadian Food Inspection Agency (CFIA) The CFIA monitors the Canadian food supply and enforces Health Canada regulations.	Allergens and gluten sources labelling P -These resources are intended for the public and are easy to read, but the Food Allergy Canada resources are more user friendly.
16	Label Reading (US)	Food Allergy Research & Education (FARE) Large US website with practical information for managing food allergy (focus on anaphylaxis).	Common Allergens C - Helpful information on the management of dietary restrictions for common allergens. The target audience is people that need a strict restriction and is not appropriate for everyone. .
	Label Reading (US)	US Food and Drug Administration (FDA) Regulations Website (regulations.gov) Food Labeling; Current Trends in the Use of Allergen Advisory Labeling: Its Use, Effectiveness, and Consumer Perception; Public Hearing; Request for Comments American The article starts part way down the middle column. The first part of the article discusses the public hearing on the issue. Information on advisory labelling starts with supplementary information at the end of the last column. It provides a good background for the dietitian, but would not be a good client resource.)	Food Allergen Labeling and Consumer Protection Act of 2004 Questions and Answers Guidance for Industry: Questions and Answers Regarding Food Allergens, including the Food Allergen Labeling and Consumer Protection Act of 2004 (Edition 4) Questions and Answers on the Gluten-Free Labeling Proposed Rule P - These resource are intended for the general public. However, the FARE Resources are more consumer friendly. These links may be good background professional resources.
18	Low FODMAP/Disaccharidase Deficiency	Monash University The low FODMAPs diet was developed at the Monash University in Australia.	The Low FODMAP Diet C - Basic information. They promote their mobile app, but do not have a lot of “free” information.
19	Low FODMAP/Disaccharidase Deficiency	Katescarlata.com Kate is an American dietitian specializing in gut health.	FODMAPs 101 C - One of the best “free resources” website that I have seen.
20	Low FODMAP/Disaccharidase Deficiency	CSIDcares Resources on congenital sucrase-isomaltase deficiency. Industry sponsorship (Sucrase).	Treatment C - Excellent dietary information.