When Food Causes Problems:  
Identifying and Managing Adverse Food Reactions  
An Evidence Based Approach

Evidence for, and practical dietary management of adverse food reactions including food allergy, food chemical intolerance and the low FODMAP diet for IBS.

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>8.30am-8.45am</td>
<td>Understanding adverse reactions to foods</td>
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| 8.45am-9.15am | Which conditions may be due to adverse reactions to food?  
What are the current levels of evidence?  
What medical work up is required prior to dietary intervention? |
| 9.15am-10.00am | Allergy: IgE and non IgE mediated allergy  
Is food allergy just a paediatric issue??  
What can go wrong? |
| 10.00am-10.30am | Morning tea                                                        |
| 10.30am-11.30am | Food Chemical Intolerance  
Artificial Food Chemicals | Natural Food Chemicals  
Conditions that may respond to low food chemical diets  
The elimination diet and challenge process  
Case Studies |
| 11.30am-12.30pm | Diagnosis and management of IBS  
The Low FODMAP diet for IBS  
Diet and challenge process  
Case studies |
| 12.30pm-1.30pm | Lunch                                                                 |
| 1.30pm-2.30pm | In the clinic room….  
Taking a food sensitivity focused diet history  
Which dietary intervention? |
| 2.30pm-3.30pm | Pulling it all together – Examples from our clinics                 |
| 3.30pm-4.00pm | Questions / Evaluation and Close                                     |