



## Elimination Diet Chart of Digestive Concerns

Symptoms	Formula	Breastmilk
Mild gas	Gas drops	Gas drops
Reflux	Check if infant is eating too much at one time; this can cause reflux.	Check if infant is eating too much at one time; this can cause reflux.
<ul style="list-style-type: none"> <li>• Excess gas</li> <li>• Reflux</li> <li>• Diarrhea</li> <li>• Infant does not have eczema, mucus or blood in their stool</li> </ul>	Switch from a regular milk-based formula to a lactose free formula. This is the mildest and first recommended dietary intervention.	<p>Reduce gas causing foods in a mother's diet. Foods that increase gas include cabbage, broccoli, beans, onion, brussels sprouts, cow's milk sugar, and lactose.</p> <p>Breastfeeding mother should consider trying lactose free milk and limiting gas causing foods for two weeks to see if there is an improvement in her baby's symptoms.</p>

Symptoms	Formula	Breastmilk
Excess gas, reflux, and diarrhea with eczema, mucus, or blood in stool.	<ul style="list-style-type: none"> <li>• Work with a pediatrician and dietitian.</li> <li>• Food allergies should be ruled out first.</li> <li>• If there are no food allergies, try dairyfree formula.</li> </ul>	<ul style="list-style-type: none"> <li>• Work with a pediatrician and dietitian.</li> <li>• Food allergies should be ruled out first.</li> <li>• If there are no food allergies, a breastfeeding mother can follow an elimination diet to test for protein intolerance.</li> <li>• First eliminate cow's milk from diet and see if symptoms improve or resolve.*</li> </ul>
Excess gas, reflux, and diarrhea with eczema, mucus, or blood in stool if symptoms do not improve or resolve from dairy free formula or a mother eliminating cow's milk.	<ul style="list-style-type: none"> <li>• Work with a pediatrician and dietitian.</li> <li>• Formula with partially hydrolyzed protein.</li> </ul>	<ul style="list-style-type: none"> <li>• Work with a pediatrician and dietitian.</li> <li>• It may be advised for the mother of a breastfed infant to try removing dairy, soy, eggs, wheat, peanuts, tree nuts, fish, and shellfish from her diet, one at a time. In extreme cases, try removing all at one time for 2-4 weeks to see if the infant's symptoms improve or resolve.</li> <li>• After symptoms have resolved, a reintroduction period is essential to diagnose an intolerance or sensitivity.</li> </ul>

\*An elimination period is typically recommended to be 2-4 weeks, depending on severity of symptoms, and it may take up to 10 days to see if symptoms improve.

The information contained here within is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

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