



## Common Irritants Out Diet (CIO)

Hypersensitive individuals, by common experiences, have learned that the foods eliminated from this diet may cause irritant reactions in the skin.

The CIO diet is most often planned for the hospitalized atopic eczema patient. It is served during the time of the patient's acute reactive state. On dismissal from the hospital it is suggested that the patient add no more than one eliminated food each third day to denote tolerance.

### **Foods Eliminated:**

1. Tomatoes - catsup
2. Cheese - fermented
3. Cheese spreads
4. Chocolate
5. Cocoa
6. Eggs
  - a. are omitted on children's CIO diet
  - b. are permitted in limited amount for the adult
  - c. are used in cooking<sup>1</sup> for both pediatric and adult patients.
7. Corned beef
8. Fish - all varieties
9. Fresh pork (may have bacon and ham)
10. Fresh berries<sup>2</sup>
11. Fresh cherries<sup>2</sup>
12. Raw apples<sup>2</sup>
13. Pineapple<sup>3</sup>
14. Mangos<sup>3</sup>
15. Bananas<sup>3</sup>
16. Papaya<sup>3</sup>
17. Rhubarb<sup>3</sup>
18. Grapes<sup>3</sup>
19. Spices: hot pepper sauces, i.e., Tabasco sauce, all highly spiced foods.
20. Nuts - including peanut butter.

<sup>1</sup> Cooking denatures the protein in the egg.

<sup>2</sup> Cooking denatures some allergens, therefore, cooked berries, apples, and cherries may be included in the patient's diet.

<sup>3</sup> These fruits are extremely allergenic and cooking does not denature the allergens.