

Guidelines for Starting the Elemental Diet



WHAT IS AN ELEMENTAL DIET?

An elemental diet requires the avoidance of all foods (except for items listed below). Your child will use an elemental formula to provide all the nutrients he or she needs for growth.

Elemental formulas are amino acid-based. This means that all of the proteins exist in the smallest form possible. Proteins in this form do not trigger allergic reactions and are considered hypoallergenic.

WHICH FORMULAS ARE “ELEMENTAL”?

For Infants: Elecare, Neocate Infant, PurAmino, Alfamino

For Children and Adults:

Elecare Junior: Unflavored, Vanilla, Chocolate, Banana

Neocate Junior: Unflavored, Vanilla, Chocolate, Strawberry, Tropical

Neocate Splash: Tropical Punch, Grape, Orange-Pineapple

Alfamino Junior: Unflavored, Vanilla

Equacare Junior

Essential Care Junior

Neocate Nutra (semi-solid)

HOW MUCH FORMULA DO I NEED?

The amount is determined by the Registered Dietitian (RD) based on you/your child's needs.

TIPS FOR SUCCESS ON AN ELEMENTAL DIET:

- Sample all formula flavors. Try mixing two flavors to add interest.
- Encourage your child to drink formula at regular mealtimes with the family.
- Use allowable candies and drinks as a treat for social situations or mealtimes.

Elemental Diet: Acceptable Candies, Drinks & Ingredients



All candies or drinks consumed during the elemental diet should contain ARTIFICIAL ingredients only. Always check ingredient label before consuming.

ACCEPTABLE CANDIES

- Dum Dum suckers (artificial only)
Spangler website sells individual flavors:
<https://www.spanglercandy.com/lollipops-category/all>
- FunDip, Smarties, Candy Blox
- Push Pop Suckers, Rock Candy
- Baby Bottle Pops, Pixie Sticks
- Cotton Candy: Charms or Fun Sweets
- Candy watches & necklaces
- Laffy Taffy
- Jelly belly candy canes
- Juicy drop sour candy gels
- Zotz hard candy: Blue-raspberry, lemon, orange, grape
- Grape and Watermelon Now & Later
- WalMart Butterscotch candy
- Saf-T-pops:
<https://www.spanglercandy.com/swirl-saf-t-pops-blueberry>
- Smarties Candy canes
- Lyle's Golden Syrup

ACCEPTABLE DRINKS

- Kool Aid/Jammers: Cherry, grape, watermelon
- Pedialyte: Bubblegum & grape
- Airheads Drink: blue raspberry
- Jolly Rancher Sodas
- Faygo Cotton Candy Soda
- DQ Artic Rush Unflavored
- Soda Stream Grape Soda
- Ralph's Sno-ball: Pink cotton candy, Red raspberry flavors
- Marble Sodas (Japan)

POPSICLES

- Kisko Freezies

EXAMPLES OF ACCEPTABLE INGREDIENTS:

Sugar	Sucrose	Salt	Citric Acid	Soy Lecithin
Dextrose	Maltodextrin	Artificial flavors	Malic Acid	Tartaric Acid
Cream of Tartar	Sodium Nitrate	Potassium Sorbate	Baking Soda	Calcium Stearate
Corn syrup, High fructose corn syrup (HFCS), corn syrup solids	Artificial colors including: FD&C red, yellow, blue	Heat pressed oils: Soybean, corn, canola, vegetable, Palm, Crisco	Acesulfame K Sucralose (Splenda) Aspartame	JR Watkins artificial flavor extracts: coconut, vanilla, caramel

AVOID THESE TRACE INGREDIENTS:

These ingredients contain traces of food protein and must be trialed

Natural Flavors	Brown Sugar	Honey, Maple	Chewing Gum
Cornstarch	Carrageenan	Pectin	Guar gum
Locust bean gum	Xanthan gum	Natural flavors	Yeast
Mint oils/extracts	Spices/Seasonings	Cinnamon	Black pepper
Gelatin	Caramel color	Food Starch	Molasses
Baking powder (contains cornstarch)	Powdered sugar (contains cornstarch)	Natural colors (e.g., annatto)	Expeller and cold- pressed oils

Nutra "Cookie Crisps"

Yields: 4-8 cookies:

Ingredients:

4 scoops [Neocate Nutra](#) (18.5 g) (or 1/2 sample packet)

½ tsp water

¼ tsp sugar

Directions:

1. Preheat oven to 310°F. Mix all ingredients until well blended and dry powder is gone.
2. Using your hands to mix provides best results. If mixture is too sticky to hold/mold, add a sprinkle of Neocate Nutra powder and continue mixing until well blended.
3. Separate dough evenly into 4 or 8 rounded balls. Place on flat baking sheet 3" apart.
4. Flatten each ball with your finger by pushing down on the middle.
5. Bake 8-9 minutes or until golden brown. Check periodically during baking to ensure the cookies do not burn.
6. Let cool about 7 minutes. Using a spatula, remove from baking sheet and serve.

Nutrition facts:

Servings Per Recipe: 2

Amount Per Serving

Calories: 45

Protein 0.8 g

Fat 1.8 g

Carbohydrates 6.8 g