
Is the Australian version of the Feingold diet safe?

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Abstract
Dietary intake data which were collected in the course of a trial on 16 children, who were diagnosed as being hyperactive, are examined. The nutritional adequacy of the children's diets before and during treatment with the Australian version of the Feingold elimination diet is calculated. The mean intakes of all computed nutrients were above the recommended level in the Australian Dietary Allowances for both diets. The nutritional quality, in terms of the level and balance of nutrients in the elimination test diet, was superior to that of the normal diet. With proper dietary counselling, the elimination test diet is safe for use in the treatment of children with hyperkinesis.

PMID: 364258 [PubMed - indexed for MEDLINE]