



University of California, Davis  
Veterinary Medical Teaching Hospital  
Davis, CA 95616

Small Animal Clinic: 530-752-1393  
Dermatology Service

### Information for Clients

#### SEQUENTIAL RECHALLENGE FOR PATIENTS WITH FOOD ALLERGY

Your pet has been confirmed to have food allergy dermatitis. He or she has completed a strict 8 week diet trial and has been challenged with their original food and treats. The increase in itching and/or redness you observed during the diet challenge period tells us that at least a component of your pet's allergic skin disease is caused by a dietary allergy. Most food allergic pets are sensitive to two to three proteins in their diet. It is time to find out which protein(s) are triggering the allergic reaction.

Please continue to feed your pet the prescription restricted ingredient diet PLUS ONE of the following ingredients daily for the next two weeks:

COOKED skinless, boneless Chicken, Turkey, Beef, Lamb, White Fish or Egg or Tofu or Dairy (cottage cheese, plain yogurt or hard cheese)

After the two week period if your pet does well with the addition of the one protein, then they are not allergic to that protein. If, however they flare while eating that protein then that is one of the dietary ingredients they are allergic to, and that protein must be avoided. Please feed your pet only the prescription diet until their skin has calmed down. Then continue to challenge with a different protein every two weeks to determine which protein(s) are tolerated.

Now that you have determined which proteins your pet can eat, let's work through some of the common carbohydrate sources. Though termed "carbohydrate" these foods contain proteins that could potentially trigger an allergic reaction. Even vegetables such as carrots or green beans contain proteins. These types of food will also need to be evaluated one at a time. For the next two weeks, please add ONE of the following carbohydrate sources to your pet's diet:

COOKED White Rice, Corn (canned or thawed, frozen corn is fine),  
Pasta (wheat – NOT egg noodles), Barley

Again, try each carbohydrate for a two week period and observe for increased itching or redness. If one of these carbohydrates causes an allergic reaction, please put your pet back on the prescription diet until their skin has cleared.

You are now armed with enough information about your pet's food allergies to find a commercial (pet store) diet they can tolerate. There are a number of diets with limited ingredients available to make the job a little easier. Keep in mind that ingredients such as bone meal (likely from beef) added to increase calcium content, brewer's yeast (to increase protein), fish meal/oils and flax seed (to boost essential fatty acid levels) and other minor ingredients could also potentially trigger an allergic reaction. Rarely, patients can be allergic to an additive or preservative in the diet. Always observe your pet closely whenever a new diet is tried for any changes to their skin

**YOUR BEST FRIEND'S BEST FRIEND!**