

# ALLERGY LADDERS: THE STEP BY STEP GUIDE FOR WHEAT

## The Golden Rules of Ladders

### **Rule 1: Once you start the ladder, don't stop the ladder.**

- You can't outgrow the allergy without including the allergen.
- When your child reacts to an allergen, don't stop the ladder. Instead, pause and go back to the previously tolerated step.
- If you stop the ladder entirely, your child loses the ground already made.
- The wheat ladder often moves slower than other ladders.

### **Rule 2: The wheat ladder is about increasing volumes.**

- The goal is to slowly increase the portion that your child can tolerate.
- Expect a lot of stop and start on this ladder.

## What If My Child Fails

- Failure is when your child reacts like previously - eg blood in stool, mucous, eczema, congestion, loose poos, constipation.
- Failing is inevitable and it's a part of the process.
- When they fail a step, pause on the ladder and go back to the previously tolerated level for 2 months. Include this portion at a minimum of twice per week.
- Eg - They reacted to 20g of cooked pasta, therefore you include 10g of cooked pasta at a minimum of twice per week (or the foods at the same level).

# The Steps of the Wheat Ladder

## STEP 5:

Your child will be eating 2 portions of wheat-containing food a day

## STEP 4: Increase volumes daily for 1 week

2 Weetbix; 2 slices bread; 2 small chapatis; 40-60g cooked pasta or couscous; 2 or more biscuits

## STEP 3: Full portion daily for 1 week

1 Weetbix; 1 slice bread/toast; 1 small chapati 40g cooked pasta or couscous; 2 biscuits

## STEP 2: 1/2 portion daily for 1 week

1/2 Weetbix; 1/2 slice bread/toast; 1/2 small chapati  
20g cooked pasta or couscous; 1 biscuit

## STEP 1: 1/4 portion daily for 1 week

1/4 Weetbix; 1/4 slice bread; 1/4 small chapati  
10g cooked pasta or couscous; 1/2 biscuit

**Eg portions - 1 Weetbix; 1 slice bread/toast; 1 small chapati; 40g cooked pasta or couscous; 2 digestive or arrowroot biscuits.**

\*For multiple allergies, find alternatives on Coles/Woolworths website eg soy-free bread, egg-free pasta, milk-free biscuits.