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[Abstract](#)

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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.

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