

ELIMINATION DIET

INCLUDE

Fruits & Vegetables

Unsweetened fresh or frozen whole fruits, fresh squeezed fruit juices, sea vegetables (seaweeds), avocados, olives, and raw, steamed, sauteed, juiced, or roasted vegetables

Dairy Substitutes

Hemp, rice, and nut milks (such as almond, hazelnut, walnut, etc.) and coconut milk, coconut oil/butter

Non-Gluten Grains & Starch

Brown, red, black and wild rice, millet, amaranth, teff, tapioca, buckwheat, quinoa

Animal Protein

Fresh or water-packed cold-water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers), wild game (rabbit, pheasant, bison, venison, elk, etc.), lamb, duck, organic chicken and turkey

Vegetable Protein

Split peas, lentils, legumes, bee pollen, spirulina, and blue-green algae

Nuts and Seeds

Hemp, sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, walnuts, cashews, macadamia, pistachios, brazil, nut and seed butters such as almond or tahini

Oils

Cold-pressed olive, flax, safflower, sesame, almond, sunflower, walnut, pumpkin, and coconut

Drinks

Filtered water, green, white or herbal tea, seltzer or mineral water, yerba mate, coconut water, green juice

Sweeteners

Stevia, coconut nectar, yacon, whole/fresh fruit, dried fruit (in moderation)

Condiments

Vinegar, all spices, all herbs, sea salt, black pepper, carob, raw chocolate (dairy and sugar free), stone-ground mustard, miso, coconut liquid aminos, wheat-free tamari and nama shoyu, unsweetened whole fruit jam

EXCLUDE

Oranges, orange juice, grapefruit, bananas, strawberries, grapes, corn, creamed vegetables, nightshades (tomatoes, peppers, eggplant, potatoes)

Dairy and eggs: including milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers, ghee

White rice, wheat, corn, barley, spelt, kamut, rye, triticale, oats (even gluten free)

Pork (bacon), beef, veal, sausage, cold cuts, canned meats, frankfurters (hot dogs), shellfish, any raw meats and fish

Soybean products (soy sauce, soybean oil in processed foods)

Peanuts and peanut butter

Butter, margarine, shortening, processed oils, canola oil, salad dressings, mayonnaise, spreads

Alcohol, coffee, caffeinated beverages, soda pop, soft drinks, fruit juice (unless fresh pressed)

Refined sugar, white/brown sugars, maple syrup, high fructose corn syrup, evapo-rated cane juice, Splenda®, Equal®, Sweet'N Low®, juice concentrate, agave nectar, brown rice syrup, honey

Regular chocolate (with dairy and sugar), ketchup, relish, chutney, traditional soy sauce, barbecue sauce, teriyaki, breath mints