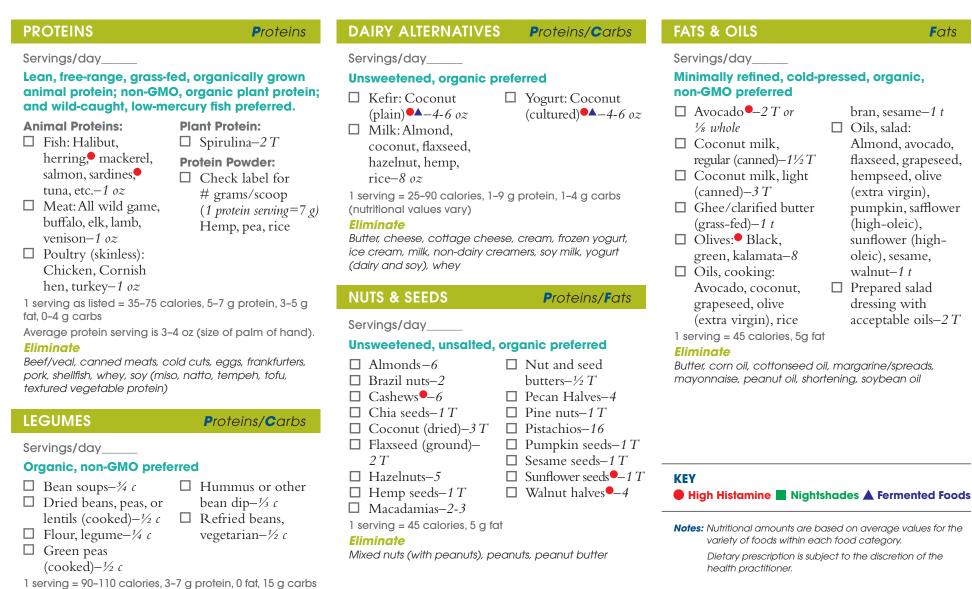


Elimination Diet Food Plan





Fats

bran, sesame-1 t

Almond, avocado,

hempseed, olive

(extra virgin),

(high-oleic),

oleic), sesame.

dressing with

acceptable oils-2 T

walnut-1 t

flaxseed, grapeseed,

pumpkin, safflower

sunflower (high-

Eliminate

Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

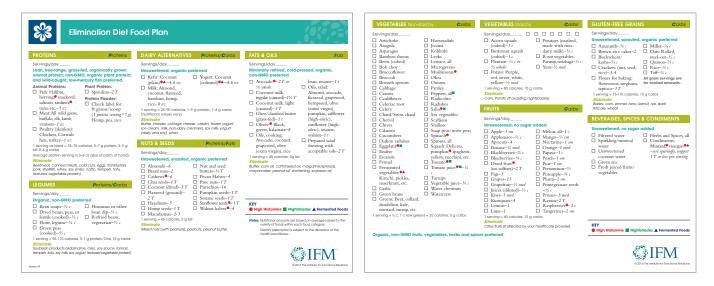
VEGETABLES Non-s	tarchy C arbs	VEGETABLES Starchy	Carbs	GLUTEN-FREE GRAIN	C arbs
VEGETABLES Non-s Servings/day □ Artichoke □ Arugula □ Asparagus □ Bamboo shoots □ Beets (cubed) □ Bok choy □ Broccoflower □ Broccoli □ Brussels sprouts □ Cabbage □ Carrots □ Cauliflower	Horseradish Jicama Kohlrabi Leeks Lettuce, all Microgreens Mushrooms Okra Onions Parsley Peppers, all Radicchio	Servings/day Acorn squash (cubed)—1 c Butternut squash (cubed)—1 c Plantain—1/3 c or 1/2 whole Potato: Purple, red, sweet, white, yellow—1/2 med 1 serving = 80 calories, 15 g Eliminate Corn, Potato (if avoiding nig	□ Potatoes (mashed, made with non-dairy milk)–½ c □ Root vegetables: Parsnip, rutabaga–½ c □ Yam–½ med	GLUTEN-FREE GRAIN Servings/day Unsweetened, sprouted Amaranth-3/4 c Brown rice cakes-2 Buckwheat/ kasha-1/2 c Crackers: (nut, seed, rice)-3-4 Flours for baking: Arrowroot, sorghum, tapioca-3 T 1 serving = 75-110 calories,	, organic preferred ☐ Millet-½ c ☐ Oats: Rolled, steel-cut-½ c ☐ Quinoa-½ c ☐ Rice-⅓ c ☐ Teff-¾ c All grain servings are for cooked amounts.
□ Celeriac root□ Celery□ Chard/Swiss chard	□ Radishes□ Salsa□ Sea vegetables	FRUITS	C arbs	Eliminate Barley, corn, emmer, farro, k triticale, wheat	
☐ Chervil ☐ Chives ☐ Cilantro ☐ Cucumbers ☐ Daikon radishes ☐ Eggplant ☐ Endive ☐ Escarole ☐ Fennel ☐ Fermented ☐ vegetables: ☐ Kimchi, pickles, ☐ sauerkraut, etc. ☐ Garlic ☐ Green beans ☐ Greens: Beet, collard, ☐ dandelion, kale, ☐ mustard, turnip, etc. 1 serving = ½ c, 1 c raw green		Servings/day Unsweetened, no sugar □ Apple-1 sm □ Applesauce-½ c □ Apricots-4 □ Banana-½ med □ Blackberries-¾ c □ Dried fruit (no sulfites)-2 T □ Figs-3 □ Grapes-15 □ Grapefruit-½ med □ Juices (diluted)-½ c □ Kiwi-1 med □ Kumquats-4 □ Lemon-1 □ Lime-1 1 serving = 60 calories, 15 g	 Melon, all−1 c Mango−½ sm Nectarine−1 sm Orange−1 med Papaya−1 c Peach−1 sm Pear−1 sm Persimmon−½ Pineapple−¾ c Plums−2 sm Pomegranate seeds −½ c Prunes−3 med Raisins−2 T Raspberries −1 c Tangerines−2 sm 	Unsweetened, no sugar ☐ Filtered water ☐ Sparkling/mineral water ☐ Unsweetened coconut water ☐ Green tea ☐ Fresh juiced fruits/ vegetables	
		Eliminate Citrus fruits (if directed by yo	ur healthcare provider)	KEY ■ High Histamine ■ Night	shades 🛦 Fermented Food

Organic, non-GMO fruits, vegetables, herbs and spices preferred



Touring Through the Food Plan

The two-page Elimination Diet Food Plan provides a snapshot of the foods that are available to choose from every day. A general description of food categories is helpful before beginning the process of avoiding foods that may be causing problems.



In order to achieve the therapeutic effects of the Elimination Diet, it is important to know which foods to avoid and which foods are okay to eat. The table below provides a summary.

Table of foods to remove/foods to eat:

Foods to Avoid	Foods to Eat	
Alcohol	Dairy alternatives	
Beef	■ Fish	
Chocolate	Fruits (only those specifically listed)	
Coffee, soft drinks, tea	Game meats	
Corn	 Gluten-free whole grains (amaranth, buckwheat, millet, quinoa, rice, teff, etc.) 	
Dairy products	Healthy oils	
Eggs	Legumes (except soy, peanuts)	
 Gluten-containing grains (all varieties of barley, rye, spelt, wheat) 	Nuts (except peanuts)	
Peanuts	Poultry	
Pork	Seeds	
Processed meats	Vegetables	
Shellfish		
Soy and soy products		
Sugar (white sugar, high-fructose corn syrup, brown sugar, sucrose, etc.)		