



Comprehensive Elimination Diet Guidelines

<i>FOODS to INCLUDE</i>	<i>FOODS to EXCLUDE</i>
Fruits: whole fruits, unsweetened, frozen or water-packed, canned fruits and diluted juices	Oranges and orange juice
Dairy substitutes: rice, oat, and nut milks such as almond milk and coconut milk	Dairy and eggs: milk, cheese, eggs, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers
Non-gluten grains and starch: brown rice, oats, millet, quinoa, amaranth, teff, tapioca buckwheat, potato flour	Grains: wheat, corn, barley, spelt, kamut, rye, triticale
Animal protein: fresh or water-packed fish, wild game, lamb, duck, organic chicken and turkey	Pork, beef/veal, sausage, cold cuts, canned meats, frankfurters, shellfish
Vegetable protein: split peas, lentils, and legumes	Soybean products (soy sauce, soybean oil in processed foods; tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)
Nuts and seeds: walnuts, sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, cashews, nut butters such as almond or tarini	Peanuts and peanut butter
Vegetables: all raw, steamed, sautéed, juiced or roasted vegetables	Corn, creamed vegetables
Oils: cold pressed olive, flax, safflower, sesame, almond, sunflower, walnut, canola, pumpkin	Butter, margarine, shortening, processed oils, salad dressings, mayonnaise, and spreads
Drinks: filtered or distilled water, decaffeinated herbal teas, seltzer or mineral water	Alcohol, coffee and other caffeinated beverages, soda pop or soft drinks
Sweeteners: brown rice syrup, agave nectar, stevia, fruit sweetener, blackstrap molasses	Refined sugar, white/brown sugars, honey, maple syrup, high fructose corn syrup, evaporated cane juice
Condiments: vinegar, all spices, including salt, pepper, basil, carob, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, tarragon, thyme, turmeric	Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki, and other condiments

Things to watch for:

- ☛ Corn starch in baking powder and any processed foods
- ☛ Corn syrup in beverages and processed foods
- ☛ Vinegar in ketchup, mayonnaise & mustard is usually from wheat or corn
- ☛ Breads advertised as gluten-free which contain oats, spelt, kamut, rye
- ☛ Many amaranth and millet flake cereals have oats or corn
- ☛ Many canned tunas contain textured vegetable protein which is from soy; look for low-salt versions which tend to be pure tuna, with no fillers
- ☛ Multi-grain rice cakes are not just rice. Purchase plain rice cakes.

Elimination Diet Shopping List

Fruits

- ✓ Apples, applesauce
- ✓ Apricots (fresh)
- ✓ Bananas
- ✓ Blackberries
- ✓ Blueberries
- ✓ Cantaloupe
- ✓ Cherries
- ✓ Coconut
- ✓ Figs (fresh)
- ✓ Grapefruit
- ✓ Huckleberries
- ✓ Kiwi
- ✓ Kumquat
- ✓ Lemon, lime
- ✓ Loganberries
- ✓ Mangos
- ✓ Melons
- ✓ Mulberries
- ✓ Nectarines
- ✓ Papayas
- ✓ Peaches
- ✓ Pears
- ✓ Prunes
- ✓ Raspberries
- ✓ Strawberries

** All the above fruit can be consumed raw or juiced*

Vegetables

- ✓ Artichoke
- ✓ Asparagus
- ✓ Avocado
- ✓ Bamboo shoots
- ✓ Beets & beet tops
- ✓ Bok choy
- ✓ Broccoli
- ✓ Broccoli
- ✓ Brussels sprouts
- ✓ Cabbage
- ✓ Bell peppers
- ✓ Carrots
- ✓ Cauliflower
- ✓ Celery
- ✓ Chives
- ✓ Cucumber
- ✓ Dandelion greens
- ✓ Eggplant
- ✓ Endive
- ✓ Kale
- ✓ Kohlrabi
- ✓ Leeks
- ✓ Lettuce -- red or green leaf & Chinese
- ✓ Mushroom
- ✓ Okra
- ✓ Onions
- ✓ Pak-Choi
- ✓ Parsley
- ✓ Potato
- ✓ Red Leaf Chicory
- ✓ Sea Vegetables – seaweed, kelp

Beans

- ✓ All beans except soy
- ✓ Lentils - brown, green, red
- ✓ Split peas

**All the above beans can be dried or canned*

Vegetables cont.

- ✓ Snow peas
 - ✓ Spinach
 - ✓ Squash
 - ✓ Sweet potato & yams
 - ✓ Swiss chard
 - ✓ Tomato
 - ✓ Watercress
 - ✓ Zucchini
- * All the above vegetables can be consumed raw, juiced steamed, sautéed, or baked*

Non-Gluten Grains

- ✓ Amaranth
- ✓ Millet
- ✓ Oat
- ✓ Quinoa
- ✓ Rice -brown, white, wild
- ✓ Teff
- ✓ Buckwheat

Vinegars

- ✓ Apple Cider
- ✓ Balsamic
- ✓ Red Wine
- ✓ Rice
- ✓ Tarragon
- ✓ Ume Plum

Herbs, Spices & Extracts

- ✓ Basil
- ✓ Black pepper
- ✓ Cinnamon
- ✓ Cumin
- ✓ Dandelion
- ✓ Dill
- ✓ Dry mustard
- ✓ Garlic
- ✓ Ginger
- ✓ Nutmeg
- ✓ Oregano
- ✓ Parsley
- ✓ Rosemary
- ✓ Salt-free herbal blends
- ✓ Sea salt
- ✓ Tarragon
- ✓ Thyme
- ✓ Turmeric
- ✓ Pure vanilla extract

Cereals & Pasta

- ✓ Cream of rice
- ✓ Oats
- ✓ Puffed rice
- ✓ Puffed millet
- ✓ Quinoa flakes
- ✓ Rice pasta
- ✓ 100% buckwheat noodles
- ✓ Rice crackers

Breads & Baking

- ✓ Arrowroot
- ✓ Baking soda
- ✓ Rice bran
- ✓ Gluten free breads
- ✓ Flours: rice, teff, quinoa, millet, tapioca, amaranth, garbanzo bean, potato, tapioca
- ✓ Rice flour pancake mix
- ✓ Mochi

Flesh Foods

- ✓ Free-range chicken, turkey, duck
- ✓ Fresh ocean fish, e.g. - Pacific salmon, halibut, haddock, cod, sole, pollock, tuna, mahi-mahi
- ✓ Lamb
- ✓ Water-packed canned tuna (watch for added protein from soy)
- ✓ Wild game

Dairy Substitutes

- ✓ Almond Milk
- ✓ Rice Milk
- ✓ Coconut Milk
- ✓ Oat milk

Beverages

- ✓ Herbal tea (non- caffeinated)
- ✓ Mineral water
- ✓ Pure unsweetened fruit or vegetable juices
- ✓ Spring water

Oils

- ✓ Almond
- ✓ Flax Seed
- ✓ Canola
- ✓ Olive
- ✓ Pumpkin
- ✓ Safflower
- ✓ Sesame
- ✓ Sunflower
- ✓ Walnut

Sweeteners

- ✓ Fruit sweetener (Mystic lake Dairy, or Wax Orchards, or apple juice concentrate)
- ✓ Agave nectar
- ✓ Molasses
- ✓ Rice syrup
- ✓ Stevia

Condiments

- ✓ Mustard- (made with apple cider vinegar)
- ✓ Nutritional yeast

Nuts & Seeds

- ✓ Almonds
- ✓ Cashews
- ✓ Flax seeds
- ✓ Hazelnuts (Filberts)
- ✓ Pecans
- ✓ Pistachios
- ✓ Poppy seeds
- ✓ Pumpkin seeds
- ✓ Sesame seeds
- ✓ Sunflower seeds
- ✓ Walnuts

**All the above seeds can be consumed as butters and spreads (e.g., tahini)*