

## **Elimination /Hypoallergenic Dietary Guidelines**

The “Elimination Diet” is a wonderful and extremely effective way to help your body clear stored toxins, identify food sensitivities, and bring your digestion back into balance. However, it can be a very difficult thing to undertake. Give yourself time to prepare: take a week to familiarize yourself with the foods on the “include” list, finish the foods at home that are on the “avoid” list, and begin to experiment with a few recipes. Try to choose a time when there aren't too many holidays or special events that make sticking to the diet more challenging. When you're ready, gather the things you need, and begin!

To experience the greatest benefits, it is important to adhere to the plan as closely as possible, but don't be too hard on yourself if you slip a little; guilt is never healthy. Instead, give yourself a little smile and simply return to the plan.

In order to not accidentally include things you want to avoid, get into the habit of reading food labels. Many store-bought foods have added ingredients – anything with sweeteners or preservatives is automatically on the “avoid” list. If there's a food you don't find on the “include” list but also don't find on the “avoid” list, such as a type of bean or nut, assume it is okay to include. If in doubt, please ask.

A note of caution: The foods on the “avoid” list aren't necessarily ‘bad’ for you, they're just things we know people may have sensitivities to, so we exclude them for a little while. Although you may discover that after completing the diet you retain some healthier eating patterns, the elimination diet is not meant to be a long-term alternative to eating a full and balanced diet – it's a tool we use to identify food sensitivities, effectively detoxify, and help the body return to a more optimal state of health.

Ok, if you're ready, here we go!

### **Vegetables**

<b>Foods to Eat</b>	<b>Foods to Avoid</b>
<ul style="list-style-type: none"><li>• All fresh vegetables: carrots, beets, leeks, celery, cauliflower, Brussels sprouts, cabbage, green beans, broccoli, asparagus, leafy greens – kale, spinach, bok-choy, etc.</li><li>• Sweet potatoes, yams</li><li>• Try some sprouts: mung beans, alfalfa, any!</li></ul>	<ul style="list-style-type: none"><li>• Tomatoes, peppers, potatoes, eggplants (nightshades)</li><li>• corn</li><li>• mushrooms</li></ul>

## Fruits

<b>Include</b>	<b>Avoid</b>
<ul style="list-style-type: none"> <li>• All fresh fruits (except those listed)</li> <li>• Any unsweetened fruit sauces</li> <li>• Dried fruits if not artificially preserved</li> </ul>	<ul style="list-style-type: none"> <li>• Bananas</li> <li>• Citrus (oranges, grapefruit)</li> </ul>

## Grains

<b>Include</b>	<b>Avoid</b>
<ul style="list-style-type: none"> <li>• Brown rice</li> <li>• oats and oatmeal</li> <li>• buckwheat</li> <li>• quinoa</li> <li>• millet</li> <li>• tapioca</li> </ul>	<p>All gluten-containing grains:</p> <ul style="list-style-type: none"> <li>• wheat</li> <li>• spelt</li> <li>• rye</li> <li>• barley</li> </ul>

## Legumes

<b>Include</b>	<b>Avoid</b>
<ul style="list-style-type: none"> <li>• All legumes: adzuki, lima, navy, black, kidney beans, etc.</li> <li>• All peas (fresh/ split/ snap)</li> <li>• Lentils ( any variety)</li> </ul>	<ul style="list-style-type: none"> <li>• Soy beans &amp; soy products</li> <li>• tofu,</li> <li>• soy milk, soy sauce</li> <li>• miso</li> <li>• tempeh</li> <li>• TVP</li> </ul>

## Nuts & Seeds

• <b>Include</b>	<b>Avoid</b>
<ul style="list-style-type: none"> <li>• Almonds</li> <li>• hazelnuts</li> <li>• pecans</li> <li>• walnuts</li> <li>• pumpkin seeds, sunflower seeds, sesame seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Peanuts, pistachios</li> <li>• Any nuts or seeds that are salted or flavoured</li> </ul>

## Animal Products

Include	Avoid
<ul style="list-style-type: none"> <li>Organic chicken &amp; turkey</li> <li>Organic lamb, wild game</li> <li>Wild fish (salmon, trout, arctic char, halibut, cod, mackerel, sardines, pickerel)</li> </ul>	<ul style="list-style-type: none"> <li>Red meats (beef, pork, bacon), sandwich meats, hotdogs, sausage, canned meats, smoked meats</li> <li>Shell-fish</li> <li>Dairy (milk, cream, sour cream, cheese, butter, yogurt)</li> <li>Eggs</li> </ul>

## Condiments

Include	Avoid
<ul style="list-style-type: none"> <li>Oils: olive, flax, hemp, sesame, sunflower, safflower, coconut</li> <li>All herbs: parsley, coriander, garlic, ginger</li> <li>All spices: curry, fennel, cayenne, basil</li> <li>Spreads: tahini, nut butters, apple butter, bean dips, hummus</li> <li>Apple cider/ brown rice vinegar</li> </ul>	<ul style="list-style-type: none"> <li>Regular table salt</li> <li>Refined oils, margarine, shortening</li> <li>All sweeteners and flavouring agents (corn/ brown rice/ maple syrups, molasses, honey, brown/ white sugar, glucose, maltose, maltodextrose, MSG, etc.)</li> </ul>

*With the exception of coconut, don't heat or cook with oils. Try mixing the raw oils into cooked grains, drizzle over salad or steamed vegetables, or add to a fruit smoothie.*

## Beverages

Include	Avoid
<ul style="list-style-type: none"> <li>Plenty of water!</li> <li>100% fruit &amp; vegetable juices</li> <li>Herbal teas: rooibos, peppermint, chamomile, licorice root, passion flower, dandelion, milk thistle, or any other herbal tea</li> <li>Unsweetened rice milk &amp; nut milks</li> </ul>	<ul style="list-style-type: none"> <li>Plastic bottled water</li> <li>Caffeinated beverages (coffee, black tea green or white tea, soda)</li> <li>Soy milk</li> <li>Alcohol</li> <li>Dairy (milk &amp; other dairy products)</li> <li>All sweetened fruit drinks</li> </ul>

## **Meal Suggestions**

### **Breakfast:**

Whole flake oatmeal, kamut, millet, or quinoa (or some combination) with mixed nut and seed museli

Stewed apples, prunes, cinnamon, raisins

Fresh fruit – mixed berries

Almonds, pecans or nut butters

Tahini

This will be the base breakfast most days. Although it is good to start the day with a substantial meal, you don't need to (and probably can't) eat all of this everyday. Try to rotate through the foods to include most of them over a period of a week or so. Don't get too rigid about it, just do what feels right and is sustainable.

Alternatively, try a fruit smoothie. Blend some combination of the following, and feel free to experiment...

- 1 cup rice/almond milk
- 1 cup of fruit (berries, pears, mango)
- 1 tbsp flax oil
- 1/2 tbsp tahini
- a few almonds or other nuts

## **Lunch & Dinner**

Lunch and dinner will come from combinations of the “included” food list. You'll want to test out some meal options before beginning. Although too large to include here, please feel free to contact me for an inclusive collection of recipes that fit into the elimination diet.

## **Snacks**

- Brown rice crackers or brown rice cakes with almond butter and sugar free apple butter, tahini with vegetable topping (sprouts, cucumber, cooked beats), hummus
- Fruits, especially seasonal
- Raw or steamed vegetables (carrot & celery sticks)
- Handful of nuts or a baked sweet potato

## **Food Reintroduction for Identifying Food-Sensitivities**

Re-introducing food is one of the most important parts of the elimination diet. This is our true gold-standard for identifying food-sensitivities. Although you will be tempted to perhaps enjoy a small feast on your first day “back”, to get the most of the experience (and avoid a serious tummy-ache), please attempt moderation.

Every newly introduced food or food group should be eaten during at least 2 of the 3 meals in one day. If you notice a reaction to the food, chances are you’re sensitive to this particular food, and it is best to avoid it or consume it in moderation. If you do not experience any reaction after consuming a food for a day, you may continue to include it in your diet.

Please note that when you react to an introduced food, you’ll want to wait until your reaction subsides prior to reintroduction of the next food group. You’ll also want to avoid any foods you’ve to which you reacted until the reintroduction of the other foods is complete.

Here's a list of the foods that need to be reintroduced into your diet. Please note that the following order can be altered depending on your individual situation - For example, someone who is a vegetarian obviously need not ever introduce meat, and someone who doesn't drink coffee can skip the caffeinated-beverages. If you have a strong suspicion you are sensitive to wheat or gluten, you may want to begin here. If you have a known allergy to any of the foods, such as shellfish, please do not attempt to introduce this food group.

- Dairy (milk, cream, sour cream, cheese, butter, yogurt)
- Red meats (beef, pork, bacon)
- All gluten-containing grains (wheat, spelt, rye, barley)
- Corn
- Tomatoes, mushrooms, peppers, potatoes
- Eggs
- Caffeinated beverages (coffee, black tea, soda)
- Shellfish
- Soy beans & soy products (tofu, soy milk, soy sauce, miso, tempeh, TVP)
- Peanuts, pistachios
- Bananas
- Citrus (oranges, grapefruit)
- Artificially sweetened foods
- Foods with preservatives or artificial colour