

Elimination Diet

Definitely Avoid

Sugar
Dairy
Wheat
Caffeine
Alcohol
Processed Foods

Avoid for General Food Sensitivity

Eggs
Night Shades
Citrus
Tropical Fruits
Bananas, avocados, coconut
Soy
Corn

Additional foods to consider avoiding for more intense Sensitivity Testing

Nuts
Apples, Cherries, Peaches, Pears, Almonds
Seafood and shellfish
Quinoa

Instructions

Week 1-3: eliminate foods

- The * refers to avoiding the specific food if it is on your elimination list

Week 4: reintroduce one food group at a time

- Start with the food group you most desire
- Food group must be in diet for at least 1-3 meals/day
- My symptoms are getting worse:
 - Take out the recently introduced food group right away
 - Once symptoms resolve, move on to the next food group to reintroduce
- My symptoms have not changed:
 - After reintroducing the food group for at least 3 days and there has been no change in symptoms, you can go ahead and add in the next food group you desire

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Food	Examples	Foods to Eat or Substitutes
Sugar	<p>Foods:</p> <ul style="list-style-type: none"> • Cane sugar, honey, maple syrup • Soft drinks, sports drinks, fruit drinks • Flavoured yogurts, breakfast cereals, pancake, waffles • Snack foods and bars, cookie, cakes, crackers, ice cream, candy bars • Jams, jellies • Ketchup, salad dressings, sauces, marinades <p>Ingredients:</p> <ul style="list-style-type: none"> • Sugar, syrup • Fructose, dextrose, glucose, lactose, maltose, sorbitol 	<ul style="list-style-type: none"> • All fresh fruits, including organic berries, <u>*citrus</u>, <u>*tropical fruits</u>, <u>*bananas</u>, <u>avocados</u>, <u>coconut</u>, <u>*apples</u>, <u>cherries</u>, <u>peaches</u>, <u>pears</u> • Fruit sauces with no added sugar (ex. Santa Cruz or Wellesley's <u>*apple sauce</u>) • Dates • Stevia
Dairy	<p>Foods:</p> <ul style="list-style-type: none"> • Milk, cheese, yogurt, creams, butter, ice cream <p>Ingredients:</p> <ul style="list-style-type: none"> • Casein, whey, lactalbumin, lactoglobulin, lactose, lactulose 	<ul style="list-style-type: none"> • Rice milk, <u>*unsweetened nut milks</u>, <u>*coconut water and unsweetened coconut milk</u>

Elimination Diet

Wheat	<p>Foods:</p> <ul style="list-style-type: none"> • Breads, crackers, pancakes, naan breads • Breakfast cereals • Pizza, pasta, pies, pastries <p>Ingredients:</p> <ul style="list-style-type: none"> • Wheat flour, breadcrumbs, binder • Couscous, spelt, semolina, kamut 	<ul style="list-style-type: none"> • Rice, oats, <u>*quinoa</u>, <u>*corn</u>, rye, buckwheat, barley, millet • Rice cakes • Rye or pumpernickel bread • Wheat-free pasta (made from rice, <u>*quinoa</u>, <u>*corn</u>, buckwheat, peas, chickpeas) • Wheat-free cereals (wheat-free muesli, porridge oats, brown rice puff)
Caffeine	<ul style="list-style-type: none"> • Coffee • Black tea, green tea, oolong tea • Soda 	<ul style="list-style-type: none"> • Dandelion root or chicory root tea (ex. Dandy Blend) • Mushroom tea (ex. Four Sigmatic)
Alcohol	<ul style="list-style-type: none"> • Beers • Wines • Liquors • Ciders 	
Processed Foods	<ul style="list-style-type: none"> • Food packaged with a label 	<ul style="list-style-type: none"> • Whole foods

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Food	Examples	Foods to Eat or Substitutes
Eggs	Ingredients: <ul style="list-style-type: none"> • Albumin, ovomucin 	<ul style="list-style-type: none"> • Baking substitute: ground flax seed and water (1egg = 1 tablespoon ground flax seed + 3 tablespoons water)
Night Shades	<ul style="list-style-type: none"> • Tomatoes • White potatoes • Eggplants • Bell peppers 	<ul style="list-style-type: none"> • All other fresh vegetables (onions, garlic, carrots, beets, cauliflower, brussels sprouts, cabbage, green beans, broccoli, asparagus, kale, etc.) • Sweet potatoes, yams • Sprouts (mung beans, alfalfa) • <u>*Avocado</u>
Citrus	<ul style="list-style-type: none"> • Oranges, grapefruit • Lemon, lime 	<ul style="list-style-type: none"> • All other fresh fruits, including organic berries, <u>*tropical fruits, *bananas, avocados, coconut, *apples, cherries, peaches, pears</u> • Fruit sauces with no added sugar (ex. Santa Cruz or Wellesley's <u>*apple sauce</u>)
Tropical Fruits	<ul style="list-style-type: none"> • Pineapple, mango, papaya • Durian, lychee 	<ul style="list-style-type: none"> • All other fresh fruits, including organic berries,

Elimination Diet

		<p><u>*citrus, *bananas, avocados, coconut, *apples, cherries, peaches, pears</u></p> <ul style="list-style-type: none"> • Fruit sauces with no added sugar (ex. Santa Cruz or Wellesley's <u>*apple sauce</u>)
Bananas, Avocados, Coconut		<ul style="list-style-type: none"> • All other fresh fruits, including organic berries, <u>*citrus, *tropical fruits, *apples, cherries, peaches, pears</u> • Fruit sauces with no added sugar (ex. Santa Cruz or Wellesley's <u>*apple sauce</u>)
Soy	<p>Foods:</p> <ul style="list-style-type: none"> • Tofu, soy milk, soy sauce, miso, tempeh, texturized vegetable protein (TVP) <p>Ingredients:</p> <ul style="list-style-type: none"> • Bean curd, soya beans, edamame, kinako, natto, okara, etc. 	<p>Vegetarian/vegan:</p> <ul style="list-style-type: none"> • All legumes (beans, lentils, chickpeas) <p>Omnivore:</p> <ul style="list-style-type: none"> • Organic chicken, turkey, lamb, fish
Corn	<p>Ingredients:</p> <ul style="list-style-type: none"> • Corn extract, corn starch, corn syrup, MSG, natural flavourings, etc. 	

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Additional foods to consider avoiding for more intense Sensitivity Testing

Food	Examples	Foods to Eat or Substitutes
Nuts	<ul style="list-style-type: none"> • Almonds, walnuts, pecans, cashews, pistachios, hazelnuts, pine nuts • Brazil nuts, macadamia nuts 	<ul style="list-style-type: none"> • Seeds (sunflower, sesame, pumpkin, flax, hemp, chia)
Apples, Cherries, Peaches, Pears, Almonds		<ul style="list-style-type: none"> • All other fresh fruits, including organic berries, <u>*citrus, tropical fruits, bananas, avocados, coconut</u> • Fruit sauces with no added sugar
Seafood and Shellfish	<ul style="list-style-type: none"> • Shrimp, crab, lobster • Clams, oysters, mussels, scallops, squid 	<ul style="list-style-type: none"> • Fish
Quinoa		<ul style="list-style-type: none"> • Rice, oats, <u>*corn</u>, rye, buckwheat, barley, millet • Wheat-free pasta (made from rice, <u>*corn</u>, buckwheat, peas, chickpeas)