



# Elimination Diet Food Plan

## PROTEINS

Proteins

Servings/day \_\_\_\_\_

**Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.**

### Animal Proteins:

- Fish: Halibut, herring, mackerel, salmon, sardines, tuna, etc.—1 oz
- Meat: All wild game, buffalo, elk, lamb, venison—1 oz
- Poultry (skinless): Chicken, Cornish hen, turkey—1 oz

1 serving as listed = 35–75 calories, 5–7 g protein, 3–5 g fat, 0–4 g carbs

Average protein serving is 3–4 oz (size of palm of hand).

### Eliminate

Beef/veal, canned meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, textured vegetable protein)

## LEGUMES

Proteins/Carbs

Servings/day \_\_\_\_\_

**Organic, non-GMO preferred**

- Bean soups— $\frac{3}{4}$  c
- Dried beans, peas, or lentils (cooked)— $\frac{1}{2}$  c
- Flour, legume— $\frac{1}{4}$  c
- Green peas (cooked)— $\frac{1}{2}$  c
- Hummus or other bean dip— $\frac{1}{3}$  c
- Refried beans, vegetarian— $\frac{1}{2}$  c

1 serving = 90–110 calories, 3–7 g protein, 0 fat, 15 g carbs

### Eliminate

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

## DAIRY ALTERNATIVES

Proteins/Carbs

Servings/day \_\_\_\_\_

**Unsweetened, organic preferred**

- Kefir: Coconut (plain) ●▲—4–6 oz
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice—8 oz
- Yogurt: Coconut (cultured) ●▲—4–6 oz

1 serving = 25–90 calories, 1–9 g protein, 1–4 g carbs (nutritional values vary)

### Eliminate

Butter, cheese, cottage cheese, cream, frozen yogurt, ice cream, milk, non-dairy creamers, soy milk, yogurt (dairy and soy), whey

## NUTS & SEEDS

Proteins/Fats

Servings/day \_\_\_\_\_

**Unsweetened, unsalted, organic preferred**

- Almonds—6
- Brazil nuts—2
- Cashews ●—6
- Chia seeds—1 T
- Coconut (dried)—3 T
- Flaxseed (ground)—2 T
- Hazelnuts—5
- Hemp seeds—1 T
- Macadamias—2–3
- Nut and seed butters— $\frac{1}{2}$  T
- Pecan Halves—4
- Pine nuts—1 T
- Pistachios—16
- Pumpkin seeds—1 T
- Sesame seeds—1 T
- Sunflower seeds ●—1 T
- Walnut halves ●—4

1 serving = 45 calories, 5 g fat

### Eliminate

Mixed nuts (with peanuts), peanuts, peanut butter

## FATS & OILS

Fats

Servings/day \_\_\_\_\_

**Minimally refined, cold-pressed, organic, non-GMO preferred**

- Avocado ●—2 T or  $\frac{1}{8}$  whole
- Coconut milk, regular (canned)— $1\frac{1}{2}$  T
- Coconut milk, light (canned)—3 T
- Ghee/clarified butter (grass-fed)—1 t
- Olives: ● Black, green, kalamata—8
- Oils, cooking: Avocado, coconut, grapeseed, olive (extra virgin), rice bran, sesame—1 t
- Oils, salad: Almond, avocado, flaxseed, grapeseed, hempseed, olive (extra virgin), pumpkin, safflower (high-oleic), sunflower (high-oleic), sesame, walnut—1 t
- Prepared salad dressing with acceptable oils—2 T

1 serving = 45 calories, 5g fat

### Eliminate

Butter, corn oil, cottonseed oil, margarine/spreads, mayonnaise, peanut oil, shortening, soybean oil

## KEY

● High Histamine ■ Nightshades ▲ Fermented Foods

**Notes:** Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.



**VEGETABLES** Non-starchy

Carbs

Servings/day \_\_\_\_\_

- |                                                 |                                              |
|-------------------------------------------------|----------------------------------------------|
| <input type="checkbox"/> Artichoke              | <input type="checkbox"/> Horseradish         |
| <input type="checkbox"/> Arugula                | <input type="checkbox"/> Jicama              |
| <input type="checkbox"/> Asparagus              | <input type="checkbox"/> Kohlrabi            |
| <input type="checkbox"/> Bamboo shoots          | <input type="checkbox"/> Leeks               |
| <input type="checkbox"/> Beets (cubed)          | <input type="checkbox"/> Lettuce, all        |
| <input type="checkbox"/> Bok choy               | <input type="checkbox"/> Microgreens         |
| <input type="checkbox"/> Broccoflower           | <input type="checkbox"/> Mushrooms●          |
| <input type="checkbox"/> Broccoli               | <input type="checkbox"/> Okra                |
| <input type="checkbox"/> Brussels sprouts       | <input type="checkbox"/> Onions              |
| <input type="checkbox"/> Cabbage                | <input type="checkbox"/> Parsley             |
| <input type="checkbox"/> Carrots                | <input type="checkbox"/> Peppers, all■       |
| <input type="checkbox"/> Cauliflower            | <input type="checkbox"/> Radicchio           |
| <input type="checkbox"/> Celeriac root          | <input type="checkbox"/> Radishes            |
| <input type="checkbox"/> Celery                 | <input type="checkbox"/> Salsa●■             |
| <input type="checkbox"/> Chard/Swiss chard      | <input type="checkbox"/> Sea vegetables      |
| <input type="checkbox"/> Chervil                | <input type="checkbox"/> Scallions           |
| <input type="checkbox"/> Chives                 | <input type="checkbox"/> Shallots            |
| <input type="checkbox"/> Cilantro               | <input type="checkbox"/> Snap peas/snow peas |
| <input type="checkbox"/> Cucumbers              | <input type="checkbox"/> Spinach●            |
| <input type="checkbox"/> Daikon radishes        | <input type="checkbox"/> Sprouts, all        |
| <input type="checkbox"/> Eggplant●■             | <input type="checkbox"/> Squash: Delicata,   |
| <input type="checkbox"/> Endive                 | pumpkin●, spaghetti,                         |
| <input type="checkbox"/> Escarole               | yellow, zucchini, etc.                       |
| <input type="checkbox"/> Fennel                 | <input type="checkbox"/> Tomato●■            |
| <input type="checkbox"/> Fermented              | <input type="checkbox"/> Tomato juice●■-¾    |
| vegetables:●▲                                   | c                                            |
| Kimchi, pickles,                                | <input type="checkbox"/> Turnips             |
| sauerkraut, etc.                                | <input type="checkbox"/> Vegetable juice-¾ c |
| <input type="checkbox"/> Garlic                 | <input type="checkbox"/> Water chestnuts     |
| <input type="checkbox"/> Green beans            | <input type="checkbox"/> Watercress          |
| <input type="checkbox"/> Greens: Beet, collard, |                                              |
| dandelion, kale,                                |                                              |
| mustard, turnip, etc.                           |                                              |

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

**VEGETABLES** Starchy

Carbs

Servings/day \_\_\_\_\_

- |                                           |                                            |
|-------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Acorn squash     | <input type="checkbox"/> Potatoes (mashed, |
| (cubed)-1 c                               | made with non-                             |
| <input type="checkbox"/> Butternut squash | dairy milk)-½ c                            |
| (cubed)-1 c                               | <input type="checkbox"/> Root vegetables:  |
| <input type="checkbox"/> Plantain-⅓ c or  | Parsnip, rutabaga-½ c                      |
| ½ whole                                   | <input type="checkbox"/> Yam-½ med         |
| <input type="checkbox"/> Potato: Purple,  |                                            |
| red, sweet, white,                        |                                            |
| yellow-½ med                              |                                            |

1 serving = 80 calories, 15 g carbs

**Eliminate**

Corn, Potato (if avoiding nightshades)

**FRUITS**

Carbs

Servings/day \_\_\_\_\_

**Unsweetened, no sugar added**

- |                                               |                                            |
|-----------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Apple-1 sm           | <input type="checkbox"/> Melon, all-1 c    |
| <input type="checkbox"/> Applesauce-½ c       | <input type="checkbox"/> Mango-½ sm        |
| <input type="checkbox"/> Apricots-4           | <input type="checkbox"/> Nectarine-1 sm    |
| <input type="checkbox"/> Banana-½ med         | <input type="checkbox"/> Orange-1 med      |
| <input type="checkbox"/> Blackberries-¾ c     | <input type="checkbox"/> Papaya-1 c        |
| <input type="checkbox"/> Blueberries-¾ c      | <input type="checkbox"/> Peach-1 sm        |
| <input type="checkbox"/> Dried fruit●         | <input type="checkbox"/> Pear-1 sm         |
| (no sulfites)-2 T                             | <input type="checkbox"/> Persimmon-½       |
| <input type="checkbox"/> Figs-3               | <input type="checkbox"/> Pineapple-¾ c     |
| <input type="checkbox"/> Grapes-15            | <input type="checkbox"/> Plums-2 sm        |
| <input type="checkbox"/> Grapefruit-½ med     | <input type="checkbox"/> Pomegranate seeds |
| <input type="checkbox"/> Juices (diluted)-½ c | -½ c                                       |
| <input type="checkbox"/> Kiwi-1 med           | <input type="checkbox"/> Prunes-3 med      |
| <input type="checkbox"/> Kumquats-4           | <input type="checkbox"/> Raisins-2 T       |
| <input type="checkbox"/> Lemon-1              | <input type="checkbox"/> Raspberries●-1 c  |
| <input type="checkbox"/> Lime-1               | <input type="checkbox"/> Tangerines-2 sm   |

1 serving = 60 calories, 15 g carbs

**Eliminate**

Citrus fruits (if directed by your healthcare provider)

**GLUTEN-FREE GRAINS**

Carbs

Servings/day \_\_\_\_\_

**Unsweetened, sprouted, organic preferred**

- |                                                |                                        |
|------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Amaranth-¾ c          | <input type="checkbox"/> Millet-½ c    |
| <input type="checkbox"/> Brown rice cakes-2    | <input type="checkbox"/> Oats: Rolled, |
| <input type="checkbox"/> Buckwheat/            | steel-cut-½ c                          |
| kasha-½ c                                      | <input type="checkbox"/> Quinoa-½ c    |
| <input type="checkbox"/> Crackers: (nut, seed, | <input type="checkbox"/> Rice-⅓ c      |
| rice)-3-4                                      | <input type="checkbox"/> Teff-¾ c      |
| <input type="checkbox"/> Flours for baking:    | <b>All grain servings are</b>          |
| Arrowroot, sorghum,                            | <b>for cooked amounts.</b>             |
| tapioca-3 T                                    |                                        |

1 serving = 75-110 calories, 15 g carbs

**Eliminate**

Barley, corn, emmer, farro, kamut, rye, spelt, triticale, wheat

**BEVERAGES, SPICES & CONDIMENTS****Unsweetened, no sugar added**

- |                                               |                                                |
|-----------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Filtered water       | <input type="checkbox"/> Herbs and Spices, all |
| <input type="checkbox"/> Sparkling/mineral    | <input type="checkbox"/> Condiments:           |
| water                                         | Mustard●, vinegars●▲                           |
| <input type="checkbox"/> Unsweetened          | -use sparingly, suggest                        |
| coconut water                                 | 1 T or less per serving                        |
| <input type="checkbox"/> Green tea            |                                                |
| <input type="checkbox"/> Fresh juiced fruits/ |                                                |
| vegetables                                    |                                                |

**KEY**

● High Histamine ■ Nightshades ▲ Fermented Foods

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.

**Elimination Diet Food Plan**

PROTEINS	DAIRY ALTERNATIVES	FATS & OILS	FATS
<p><b>Servings/day</b> _____</p> <p><b>Lean, free-range, grass-fed, organically grown animal proteins; non-GMO, organic plant proteins; and wild-caught, low-mercury fish preferred.</b></p> <p><b>Animal Proteins:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fish: Halibut, herring, mackerel, salmon, sardines, tuna, etc.—1 oz</li> <li><input type="checkbox"/> Meat: All wild game, buffalo, elk, lamb, venison—1 oz</li> <li><input type="checkbox"/> Poultry (skinless): Chicken, Cornish hen, turkey—1 oz</li> </ul> <p>1 serving as listed = 26–75 calories, 5–7 g protein, 3–5 g fat, 3–4 g carbs</p> <p><b>Eliminate</b></p> <p>Beef/west, cured meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, fermented vegetable protein)</p>	<p><b>Servings/day</b> _____</p> <p><b>Unsweetened, organic preferred</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Kefir: Coconut (glain) ●▲—4–6 oz</li> <li><input type="checkbox"/> Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice—8 oz</li> </ul> <p>1 serving = 25–60 calories, 1–9 g protein, 1–4 g carbs (nutritional values vary)</p> <p><b>Eliminate</b></p> <p>Butter, cheese, cottage cheese, cream, frozen yogurt, ice cream, milk, non-dairy creamers, soy milk, yogurt (dairy and soy), whey</p>	<p><b>Servings/day</b> _____</p> <p><b>Minimally refined, cold-pressed, organic, non-GMO preferred</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Avocado ●●-2 T or ½ whole</li> <li><input type="checkbox"/> Coconut milk, regular (canned)—1/5 T</li> <li><input type="checkbox"/> Coconut milk, light (canned)—3 T</li> <li><input type="checkbox"/> Coconut milk, light (extra virgin)</li> <li><input type="checkbox"/> Olive ●● Black, green, kalamata—8</li> <li><input type="checkbox"/> Oil, cooking: Avocado, coconut, grapeseed, olive (extra virgin), rice</li> </ul> <p>1 serving = 40 calories, 5g fat</p> <p><b>Eliminate</b></p> <p>Butter, corn oil, canola/seed oil, margarine/ spreads, mayonnaise, peanut oil, shortening, soybean oil</p>	<p><b>Servings/day</b> _____</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Avocado ●●-2 T or ½ whole</li> <li><input type="checkbox"/> Coconut milk, regular (canned)—1/5 T</li> <li><input type="checkbox"/> Coconut milk, light (canned)—3 T</li> <li><input type="checkbox"/> Coconut milk, light (extra virgin)</li> <li><input type="checkbox"/> Olive ●● Black, green, kalamata—8</li> <li><input type="checkbox"/> Oil, cooking: Avocado, coconut, grapeseed, olive (extra virgin), rice</li> </ul> <p>1 serving = 40 calories, 5g fat</p> <p><b>Eliminate</b></p> <p>Butter, corn oil, canola/seed oil, margarine/ spreads, mayonnaise, peanut oil, shortening, soybean oil</p>
<p><b>Servings/day</b> _____</p> <p><b>Organic, non-GMO preferred</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bean sprouts—½ c</li> <li><input type="checkbox"/> Dried beans, peas, or lentils (cooked)—½ c</li> <li><input type="checkbox"/> Flour, legume—½ c</li> <li><input type="checkbox"/> Green peas (cooked)—½ c</li> <li><input type="checkbox"/> Hummus or other bean dip—½ c</li> <li><input type="checkbox"/> Refried beans, vegetarian—½ c</li> </ul> <p>1 serving = 90–110 calories, 3–7 g protein, 0 fat, 15 g carbs</p> <p><b>Eliminate</b></p> <p>Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)</p>	<p><b>Servings/day</b> _____</p> <p><b>Unsweetened, unsalted, organic preferred</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almonds—6</li> <li><input type="checkbox"/> Brazil nuts—2</li> <li><input type="checkbox"/> Cashews—6</li> <li><input type="checkbox"/> Chia seeds—1 T</li> <li><input type="checkbox"/> Coconut (dried)—1 T</li> <li><input type="checkbox"/> Flaxseed (ground)—2 T</li> <li><input type="checkbox"/> Hazelnuts—5</li> <li><input type="checkbox"/> Hemp seeds—1 T</li> <li><input type="checkbox"/> Macadamias—2–3</li> <li><input type="checkbox"/> Sunflower seeds—1 T</li> <li><input type="checkbox"/> Walnut halves—4</li> <li><input type="checkbox"/> Nut and seed butters—½ T</li> <li><input type="checkbox"/> Pecan Halves—4</li> <li><input type="checkbox"/> Pine nuts—1 T</li> <li><input type="checkbox"/> Pistachios—16</li> <li><input type="checkbox"/> Pumpkin seeds—1 T</li> <li><input type="checkbox"/> Sesame seeds—1 T</li> <li><input type="checkbox"/> Sunflower seeds—1 T</li> <li><input type="checkbox"/> Walnut halves—4</li> </ul> <p>1 serving = 40 calories, 5 g fat</p> <p><b>Eliminate</b></p> <p>Mixed nuts (with peanuts), peanuts, peanut butter</p>	<p><b>KEY</b></p> <p>● High Histamine ■ Nightrhodes ▲ Fermented Foods</p> <p><b>Note:</b> Nutritional amounts are based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner.</p>	<p><b>Servings/day</b> _____</p> <p><b>Unsweetened, organic preferred</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Amaranth—½ c</li> <li><input type="checkbox"/> Brown rice cakes—2</li> <li><input type="checkbox"/> Buckwheat/steed-cut—½ c</li> <li><input type="checkbox"/> Quinoa—½ c</li> <li><input type="checkbox"/> Rice—½ c</li> <li><input type="checkbox"/> Teff—½ c</li> </ul> <p>1 serving = 75–110 calories, 15 g carbs</p> <p><b>Eliminate</b></p> <p>Barley, corn, amaranth, flax, kamut, rye, spelt, triticale, wheat</p>

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VEGETABLES Non-starchy	VEGETABLES Starchy	GLUTEN-FREE GRAINS
<p><b>Servings/day</b> _____</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Artichoke</li> <li><input type="checkbox"/> Asparagus</li> <li><input type="checkbox"/> Bamboo shoots</li> <li><input type="checkbox"/> Beets (subbed)</li> <li><input type="checkbox"/> Bok choy</li> <li><input type="checkbox"/> Broccoli</li> <li><input type="checkbox"/> Brussels sprouts</li> <li><input type="checkbox"/> Cabbage</li> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Cauliflower</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Chard/Swiss chard</li> <li><input type="checkbox"/> Chervil</li> <li><input type="checkbox"/> Clavos</li> <li><input type="checkbox"/> Cilantro</li> <li><input type="checkbox"/> Cucumbers</li> <li><input type="checkbox"/> Dill</li> <li><input type="checkbox"/> Eggplant</li> <li><input type="checkbox"/> Endive</li> <li><input type="checkbox"/> Fennel</li> <li><input type="checkbox"/> Fermented vegetables ●▲</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Green beans</li> <li><input type="checkbox"/> Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.</li> </ul>	<p><b>Servings/day</b> _____</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Horseradish</li> <li><input type="checkbox"/> Jicama</li> <li><input type="checkbox"/> Kohlrabi</li> <li><input type="checkbox"/> Leeks</li> <li><input type="checkbox"/> Lettuce, all</li> <li><input type="checkbox"/> Macrotgreens</li> <li><input type="checkbox"/> Mushrooms</li> <li><input type="checkbox"/> Okra</li> <li><input type="checkbox"/> Onions</li> <li><input type="checkbox"/> Parsley</li> <li><input type="checkbox"/> Peppers, all</li> <li><input type="checkbox"/> Radishes</li> <li><input type="checkbox"/> Sals ●●</li> <li><input type="checkbox"/> Sea vegetables</li> <li><input type="checkbox"/> Scallops</li> <li><input type="checkbox"/> Shallots</li> <li><input type="checkbox"/> Snap peas/snow peas</li> <li><input type="checkbox"/> Spinach ●</li> <li><input type="checkbox"/> Spouts, all</li> <li><input type="checkbox"/> Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc.</li> <li><input type="checkbox"/> Tomato ●●-½ c</li> <li><input type="checkbox"/> Turnips</li> <li><input type="checkbox"/> Water chestnuts</li> <li><input type="checkbox"/> Watercress</li> </ul>	<p><b>Servings/day</b> _____</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Acorn squash (subbed)—1 c</li> <li><input type="checkbox"/> Butternut squash (subbed)—1 c</li> <li><input type="checkbox"/> Parsnips—½ c or ½ whole</li> <li><input type="checkbox"/> Potato: Purple, red, sweet, white, yellow—½ med</li> </ul> <p>1 serving = 80 calories, 15 g carbs</p> <p><b>Eliminate</b></p> <p>Corn, Potato (if avoiding nightshades)</p>
<p><b>FRUITS</b></p>		
<p><b>Servings/day</b> _____</p> <p><b>Unsweetened, no sugar added</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Apple—1 med</li> <li><input type="checkbox"/> Apricots—4</li> <li><input type="checkbox"/> Bananas—½ med</li> <li><input type="checkbox"/> Blackberries—½ c</li> <li><input type="checkbox"/> Blueberries—½ c</li> <li><input type="checkbox"/> Dried fruit ●</li> <li><input type="checkbox"/> Pear—1 med</li> <li><input type="checkbox"/> Persimmon—½</li> <li><input type="checkbox"/> Pigeon</li> <li><input type="checkbox"/> Grape—1.5</li> <li><input type="checkbox"/> Grapefruit—½ med</li> <li><input type="checkbox"/> Juice (diluted)—½ c</li> <li><input type="checkbox"/> Kiwi—1 med</li> <li><input type="checkbox"/> Kumquats—4</li> <li><input type="checkbox"/> Lemon—1</li> <li><input type="checkbox"/> Lime—1</li> <li><input type="checkbox"/> Tangerines—2 med</li> </ul> <p>1 serving = 1 c = 1 raw green = 25 calories, 5 g carbs</p> <p><b>Eliminate</b></p> <p>Citrus fruits (if directed by your healthcare provider)</p>	<p><b>Servings/day</b> _____</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Melon, all—1 c</li> <li><input type="checkbox"/> Mango—½ med</li> <li><input type="checkbox"/> Nectarine—1 med</li> <li><input type="checkbox"/> Orange—1 med</li> <li><input type="checkbox"/> Papaya—1 c</li> <li><input type="checkbox"/> Peach—1 med</li> <li><input type="checkbox"/> Pear—1 med</li> <li><input type="checkbox"/> Persimmon—½</li> <li><input type="checkbox"/> Pineapple—½ c</li> <li><input type="checkbox"/> Plum—2 med</li> <li><input type="checkbox"/> Pomegranate seeds</li> <li><input type="checkbox"/> Prunes—3 med</li> <li><input type="checkbox"/> Raisins—2 T</li> <li><input type="checkbox"/> Raspberries—½ c</li> <li><input type="checkbox"/> Tangerines—2 med</li> </ul> <p>1 serving = 60 calories, 15 g carbs</p> <p><b>Eliminate</b></p> <p>Citrus fruits (if directed by your healthcare provider)</p>	<p><b>Servings/day</b> _____</p> <p><b>Unsweetened, organic preferred</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Millet—½ c</li> <li><input type="checkbox"/> Oats: Rolled, steel-cut—½ c</li> <li><input type="checkbox"/> Quinoa—½ c</li> <li><input type="checkbox"/> Rice—½ c</li> <li><input type="checkbox"/> Teff—½ c</li> </ul> <p>1 serving = 75–110 calories, 15 g carbs</p> <p><b>Eliminate</b></p> <p>Barley, corn, amaranth, flax, kamut, rye, spelt, triticale, wheat</p>
<p><b>BEVERAGES, SPICES &amp; CONDIMENTS</b></p>		
<p><b>Unsweetened, no sugar added</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Filtered water</li> <li><input type="checkbox"/> Sparkling/mineral water</li> <li><input type="checkbox"/> Unsweetened coconut water</li> <li><input type="checkbox"/> Green tea</li> <li><input type="checkbox"/> Fresh juiced fruits/vegetables</li> <li><input type="checkbox"/> Herbs and Spices, all</li> <li><input type="checkbox"/> Condiments: Mustard, vinegar ●▲</li> </ul> <p>—use sparingly, suggest 1 T or less per serving</p>		

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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
<ul style="list-style-type: none"> <li>■ Alcohol</li> <li>■ Beef</li> <li>■ Chocolate</li> <li>■ Coffee, soft drinks, tea</li> <li>■ Corn</li> <li>■ Dairy products</li> <li>■ Eggs</li> <li>■ Gluten-containing grains (all varieties of barley, rye, spelt, wheat)</li> <li>■ Peanuts</li> <li>■ Pork</li> <li>■ Processed meats</li> <li>■ Shellfish</li> <li>■ Soy and soy products</li> <li>■ Sugar (white sugar, high-fructose corn syrup, brown sugar, sucrose, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>■ Dairy alternatives</li> <li>■ Fish</li> <li>■ Fruits (only those specifically listed)</li> <li>■ Game meats</li> <li>■ Gluten-free whole grains (amaranth, buckwheat, millet, quinoa, rice, teff, etc.)</li> <li>■ Healthy oils</li> <li>■ Legumes (except soy, peanuts)</li> <li>■ Nuts (except peanuts)</li> <li>■ Poultry</li> <li>■ Seeds</li> <li>■ Vegetables</li> </ul>

