

Fats & Oils

Servings / day

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

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|--|--|
| 2 T.....Avocado | 8.....Olives, black or green |
| 1½ T..Coconut milk, regular (canned) | 2 T.....Prepared salad dressing with acceptable oils |
| 3 T.....Coconut milk, light (canned) | |
| 1 t.....Oils, cooking: canola, coconut, grapeseed, olive (extra virgin), rice bran, sesame | |
| 1 t.....Oils, salad: almond, canola, flaxseed, grapeseed, hemp seed, olive (extra virgin), pumpkin, safflower, sesame, sunflower, walnut | 1 serving = 45 calories, 5 g fat |

ELIMINATE

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|----------------|-------------------|-------------|
| Butter | Margarine/spreads | Shortening |
| Corn oil | Mayonnaise | Soybean oil |
| Cottonseed oil | Peanut oil | |

Nuts & Seeds

Servings / day

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|------------------------------|-------------------------------|
| 6.....Almonds | ½ T....Nut and seed butters |
| 2.....Brazil nuts | 4.....Pecan halves |
| 6.....Cashews | 1 T....Pine nuts |
| 1 T....Chia seeds | 16.....Pistachios |
| 3 T....Coconut (unsweetened) | 1 T....Pumpkin seeds |
| 2 T....Flaxseed, ground | 1 T....Sesame seeds |
| 5.....Hazelnuts | 1 T....Sunflower seed kernels |
| 1 T....Hemp seeds | 4.....Walnut halves |
- 1 serving = 45 calories, 4 g fat

ELIMINATE

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| Mixed nuts (with peanuts) | Peanuts | Peanut butter |
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Protein

Servings / day

Lean, grass fed, organic, non-GMO preferred

- Plant Protein:** 1 oz...Poultry: chicken (skinless), Cornish hen, turkey
- 1 oz....Burger alternatives: legume, mushroom, veggie (no soy or wheat)
- Animal Proteins:** Check label for # grams/scoop (1 protein serving = 7 g protein)
- 1 oz....Fish, wild caught (canned, fresh, frozen)
- 1 oz....Meat: all wild game, buffalo, elk, lamb, venison
- 1 oz serving = 45 calories, 7 g pro

ELIMINATE

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|--------------|--------------|-------------|-----------------------|
| Beef/veal | Eggs | Whey | Tempeh |
| Canned meats | Frankfurters | Soy: | Tofu |
| Cold cuts | Pork | Miso | Textured veg. protein |
| | Shellfish | Natto | |

Non-starchy Vegetables

Servings / day

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|----------------------------|---|--------------------------------------|
| Artichoke | Escarole | Peppers, all |
| Arugula | Eggplant | Pumpkin |
| Asparagus | Fennel | Radicchio |
| Bamboo shoots | Garlic and shallots | Radishes |
| Bok choy (Chinese cabbage) | Green beans | Salsa |
| Broccoflower | Greens (beet, collard, dandelion, kale, mustard,turnip) | Sea vegetables |
| Broccoli | | Snap peas/snow peas |
| Brussels sprouts | Horseradish | Spinach |
| Cabbage | Jicama | Sprouts, all |
| Carrots | Kohlrabi | Squash (spaghetti, yellow, zucchini) |
| Cauliflower | Leeks | Tomato |
| Celery | Lettuce, all | Tomato juice |
| Chard/Swiss chard | Micro greens | Turnips |
| Chives | Mushrooms | Vegetable juice |
| Cucumbers | Okra | Vegetables, fermented |
| Daikon radishes | Onions and scallions | Water chestnuts |
| Endive | Parsley | Watercress |

1 Serving = ½ c cooked, 1 c raw, 25 calories, 5 g carb

Avoid the following if directed by your healthcare provider:

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|------------|-------------|----------|-------------|
| Histamines | Nightshades | Oxalates | Salicylates |
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Legumes

Servings / day

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| ¾ c....Bean soups | ½ c....Green peas |
| ½ c....Cooked dried beans, peas, or lentils | ⅓ c....Hummus or other bean dips |
| ¼ c....Flour, legume (containing only dried beans, lentils, peas) | ½ c....Refried beans, vegetarian |
- 1 Serving = 110 calories, 15 g carbs, 7 g pro

ELIMINATE

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

Dairy Alternatives

Servings / day

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|---|---|
| ⅓ c....Coconut yogurt and kefir (unsweetened) | 4 oz...Milk alternatives: oat, rice (unsweetened) |
| 8 oz...Milk alternatives: almond, coconut beverage, hemp, nut (unsweetened) | |
- 1 Serving = 100 calories, 12 g carbs, 7 g pro

ELIMINATE

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|----------------|---------------|--------------------|-----------------------|
| Butter | Cream | Non-dairy creamers | Yogurt, dairy and soy |
| Cheese | Frozen yogurt | Soy milk | Whey |
| Cottage cheese | Ice cream | | |
| | Milk | | |

Elimination Diet Food Plan

Starchy Vegetables

Servings / day

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|---------------------------------------|---|
| 1 c.....Acorn squash, cubed | ½ md..Potato: purple, red,sweet, white, yellow |
| 1 c.....Beets, cubed | |
| 1 c.....Butternut squash, cubed | ½ c.....Potatoes, mashed (made with non-dairy milk) |
| 1 c.....Celery root (Celeriac), cubed | ½ c.....Root vegetables: parsnip, rutabaga |
| ⅓ c.....Plantain (½ whole) | |
- 1 Serving = 80 calories, 15 g carbs

ELIMINATE

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| Corn | Potato (if avoiding nightshades) |
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Fruits (No sugar added)

Servings / day

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| 1 sm..Apple | ½ md.Grapefruit (or ¼ c sections) | 1 c.....Papaya |
| ½ c....Applesauce (unsweetened) | ½ c.....Juices, diluted | 1 sm..Peach |
| 4.....Apricots, fresh | 1 md..Kiwi | 1 sm..Pear |
| ½.....Banana, med | 4.....Kumquats | ¾ c....Pineapple |
| ¾-1 c.Berries | 1.....Lemon | 2 sm..Plums |
| 2 T....Dried fruit (no sulfites) | 1.....Lime | 1 sm..Pomegranate |
| 3.....Figs, fresh | 1 c....Melon, all | 3 md..Prunes |
| 15.....Grapes | ½ sm.Mango | 2 T....Raisins |
| 2 T....Goji berries (dried) | 1 sm..Nectarine | 3 sm..Starfruit |
| | 1 md..Orange | 2 sm..Tangerines |
- 1 Serving = 60 calories, 15 g carbs

Eliminate citrus fruits if directed by your healthcare provider

Gluten-Free Grains

Servings / day

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| ¾ c....Amaranth, cooked | ½ c....Millet, cooked |
| 2.....Brown rice cakes | ½ c....Oats, cooked (rolled or steel cut, certified gluten-free) |
| ½ c....Buckwheat/Kasha, cooked | |
| 3-4....Crackers, gluten-free: nut, rice, or seed | ½ c....Quinoa, cooked |
| ~3 T....Gluten-free flours for baking: arrowroot, sorghum, tapioca | ⅓ c....Rice, cooked |
| | ¾ c....Teff, cooked |
- 1 Serving = 75-110 calories, 15 g carbs

ELIMINATE

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| Barley | Farro | Spelt |
| Corn | Kamut | Triticale |
| Emmer | Rye | Wheat |