



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)

Plant Protein:

- Spirulina—2 T
- Protein Powder: Check label for # grams/scoop (1 protein serving=7 g) Hemp, pea, rice

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●■- $\frac{3}{4}$ |
| vegetables:●▲ | c |
| Kimchi, pickles, | <input type="checkbox"/> Turnips |
| sauerkraut, etc. | <input type="checkbox"/> Vegetable juice- $\frac{3}{4}$ 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 = $\frac{1}{2}$ 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)- $\frac{1}{2}$ c |
| (cubed)-1 c | <input type="checkbox"/> Root vegetables: |
| <input type="checkbox"/> Plantain- $\frac{1}{3}$ c or | Parsnip, rutabaga- $\frac{1}{2}$ c |
| $\frac{1}{2}$ whole | <input type="checkbox"/> Yam- $\frac{1}{2}$ med |
| <input type="checkbox"/> Potato: Purple, | |
| red, sweet, white, | |
| yellow- $\frac{1}{2}$ 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- $\frac{1}{2}$ c | <input type="checkbox"/> Mango- $\frac{1}{2}$ sm |
| <input type="checkbox"/> Apricots-4 | <input type="checkbox"/> Nectarine-1 sm |
| <input type="checkbox"/> Banana- $\frac{1}{2}$ med | <input type="checkbox"/> Orange-1 med |
| <input type="checkbox"/> Blackberries- $\frac{3}{4}$ c | <input type="checkbox"/> Papaya-1 c |
| <input type="checkbox"/> Blueberries- $\frac{3}{4}$ 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- $\frac{1}{2}$ |
| <input type="checkbox"/> Figs-3 | <input type="checkbox"/> Pineapple- $\frac{3}{4}$ c |
| <input type="checkbox"/> Grapes-15 | <input type="checkbox"/> Plums-2 sm |
| <input type="checkbox"/> Grapefruit- $\frac{1}{2}$ med | <input type="checkbox"/> Pomegranate seeds |
| <input type="checkbox"/> Juices (diluted)- $\frac{1}{2}$ c | - $\frac{1}{2}$ 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- $\frac{3}{4}$ c | <input type="checkbox"/> Millet- $\frac{1}{2}$ c |
| <input type="checkbox"/> Brown rice cakes-2 | <input type="checkbox"/> Oats: Rolled, |
| <input type="checkbox"/> Buckwheat/ | steel-cut- $\frac{1}{2}$ c |
| kasha- $\frac{1}{2}$ c | <input type="checkbox"/> Quinoa- $\frac{1}{2}$ c |
| <input type="checkbox"/> Crackers: (nut, seed, | <input type="checkbox"/> Rice- $\frac{1}{3}$ c |
| rice)-3-4 | <input type="checkbox"/> Teff- $\frac{3}{4}$ c |
| <input type="checkbox"/> Flours for baking: | All grain servings are |
| Arrowroot, sorghum, | for cooked amounts. |
| 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>Servings/day _____</p> <p>Lean, free-range, grass-fed, organically grown animal proteins; non-GMO, organic plant proteins; and wild-caught, low-mercury fish preferred.</p> <p>Animal Proteins:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fish: Halibut, herring, mackerel, salmon, sardines, tuna, etc.—1 oz <input type="checkbox"/> Meat: All wild game, buffalo, elk, lamb, venison—1 oz <input type="checkbox"/> Poultry (skinless): Chicken, Cornish hen, turkey—1 oz <p>1 serving as listed = 35–75 calories, 5–7 g protein, 3–5 g fat, 3–4 g carbs</p> <p>Eliminate</p> <p>Beef/west, cured meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, fermented vegetable protein)</p>	<p>Servings/day _____</p> <p>Unsweetened, organic preferred</p> <ul style="list-style-type: none"> <input type="checkbox"/> Kefir: Coconut (glain) ●▲—4–6 oz <input type="checkbox"/> Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice—8 oz <p>1 serving = 25–60 calories, 1–9 g protein, 1–4 g carbs (nutritional values vary)</p> <p>Eliminate</p> <p>Butter, cheese, cottage cheese, cream, frozen yogurt, ice cream, milk, non-dairy creamers, soy milk, yogurt (dairy and soy), whey</p>	<p>Servings/day _____</p> <p>Minimally refined, cold-pressed, organic, non-GMO preferred</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avocado ●●-2 T or ½ whole <input type="checkbox"/> Coconut milk, regular (canned)—1/5 T <input type="checkbox"/> Coconut milk, light (canned)—3 T <input type="checkbox"/> Coconut milk, light (extra virgin) <input type="checkbox"/> Olive ●● Black, green, kalamata—8 <input type="checkbox"/> Oil, cooking: Avocado, coconut, grapeseed, olive (extra virgin), rice <p>1 serving = 40 calories, 5g fat</p> <p>Eliminate</p> <p>Butter, corn oil, canola/seed oil, margarine/ spreads, mayonnaise, peanut oil, shortening, soybean oil</p>	<p>Servings/day _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avocado ●●-2 T or ½ whole <input type="checkbox"/> Oils, salad: Almond, avocado, flaxseed, grapeseed, hempseed, olive (extra virgin), pumpkin, sunflower (high-oleic), sesame, walnut—1 T <input type="checkbox"/> Prepared salad dressing with acceptable oils—2 T <p>KEY</p> <p>● High Histamine ■ Nightrhodes ▲ Fermented Foods</p> <p><i>Note: 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.</i></p>
<p>Servings/day _____</p> <p>Organic, non-GMO preferred</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bean sprouts—½ c <input type="checkbox"/> Dried beans, peas, or lentils (cooked)—½ c <input type="checkbox"/> Flour, legume—½ c <input type="checkbox"/> Green peas (cooked)—½ c <input type="checkbox"/> Hummus or other bean dip—½ c <input type="checkbox"/> Refried beans, vegetarian—½ c <p>1 serving = 90–110 calories, 3–7 g protein, 0 fat, 15 g carbs</p> <p>Eliminate</p> <p>Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)</p>	<p>Servings/day _____</p> <p>Unsweetened, unsalted, organic preferred</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almonds—6 <input type="checkbox"/> Brazil nuts—2 <input type="checkbox"/> Cashews—6 <input type="checkbox"/> Chia seeds—1 T <input type="checkbox"/> Coconut (dried)—1 T <input type="checkbox"/> Flaxseed (ground)—2 T <input type="checkbox"/> Hazelnuts—5 <input type="checkbox"/> Hemp seeds—1 T <input type="checkbox"/> Macadamia—2–3 <input type="checkbox"/> Sunflower seeds—1 T <input type="checkbox"/> Walnut halves—4 <input type="checkbox"/> Nut and seed butters—½ T <input type="checkbox"/> Pecan Halves—4 <input type="checkbox"/> Pine nuts—1 T <input type="checkbox"/> Pistachios—16 <input type="checkbox"/> Pumpkin seeds—1 T <input type="checkbox"/> Sesame seeds—1 T <input type="checkbox"/> Sunflower seeds—1 T <input type="checkbox"/> Walnut halves—4 <p>Eliminate</p> <p>Mixed nuts (with peanuts), peanuts, peanut butter</p>	<p>Servings/day _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Butter <input type="checkbox"/> Ghee/clarified butter (grass-fed)—1 T <input type="checkbox"/> Olive ●● Black, green, kalamata—8 <input type="checkbox"/> Oil, cooking: Avocado, coconut, grapeseed, olive (extra virgin), rice 	<p>Servings/day _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Artichoke <input type="checkbox"/> Asparagus <input type="checkbox"/> Bamboo shoots <input type="checkbox"/> Beets (subbed) <input type="checkbox"/> Bok choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Chard/Swiss chard <input type="checkbox"/> Chervil <input type="checkbox"/> Clives <input type="checkbox"/> Cilantro <input type="checkbox"/> Cucumbers <input type="checkbox"/> Dill <input type="checkbox"/> Eggplant <input type="checkbox"/> Endive <input type="checkbox"/> Fennel <input type="checkbox"/> Fermented vegetables ●▲ <input type="checkbox"/> Garlic <input type="checkbox"/> Green beans <input type="checkbox"/> Greens: Beet, collard, dandelion, kale, mustard, turnip, etc. <input type="checkbox"/> Horseradish <input type="checkbox"/> Jicama <input type="checkbox"/> Kohlrabi <input type="checkbox"/> Leeks <input type="checkbox"/> Lettuce, all <input type="checkbox"/> Macarogreens <input type="checkbox"/> Mushrooms <input type="checkbox"/> Okra <input type="checkbox"/> Onions <input type="checkbox"/> Parsley <input type="checkbox"/> Peppers, all <input type="checkbox"/> Radishes <input type="checkbox"/> Radish <input type="checkbox"/> Sals ●● <input type="checkbox"/> Sea vegetables <input type="checkbox"/> Scallops <input type="checkbox"/> Shallots <input type="checkbox"/> Snap peas/snow peas <input type="checkbox"/> Spinach ● <input type="checkbox"/> Spouts, all <input type="checkbox"/> Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc. <input type="checkbox"/> Tomato ●●-½ c <input type="checkbox"/> Turnips <input type="checkbox"/> Water chestnuts <input type="checkbox"/> Watercress

VEGETABLES Non-starchy	VEGETABLES Starchy	GLUTEN-FREE GRAINS
<p>Servings/day _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Artichoke <input type="checkbox"/> Asparagus <input type="checkbox"/> Bamboo shoots <input type="checkbox"/> Beets (subbed) <input type="checkbox"/> Bok choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Chard/Swiss chard <input type="checkbox"/> Chervil <input type="checkbox"/> Clives <input type="checkbox"/> Cilantro <input type="checkbox"/> Cucumbers <input type="checkbox"/> Dill <input type="checkbox"/> Eggplant <input type="checkbox"/> Endive <input type="checkbox"/> Fennel <input type="checkbox"/> Fermented vegetables ●▲ <input type="checkbox"/> Garlic <input type="checkbox"/> Green beans <input type="checkbox"/> Greens: Beet, collard, dandelion, kale, mustard, turnip, etc. <input type="checkbox"/> Horseradish <input type="checkbox"/> Jicama <input type="checkbox"/> Kohlrabi <input type="checkbox"/> Leeks <input type="checkbox"/> Lettuce, all <input type="checkbox"/> Macarogreens <input type="checkbox"/> Mushrooms <input type="checkbox"/> Okra <input type="checkbox"/> Onions <input type="checkbox"/> Parsley <input type="checkbox"/> Peppers, all <input type="checkbox"/> Radishes <input type="checkbox"/> Radish <input type="checkbox"/> Sals ●● <input type="checkbox"/> Sea vegetables <input type="checkbox"/> Scallops <input type="checkbox"/> Shallots <input type="checkbox"/> Snap peas/snow peas <input type="checkbox"/> Spinach ● <input type="checkbox"/> Spouts, all <input type="checkbox"/> Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc. <input type="checkbox"/> Tomato ●●-½ c <input type="checkbox"/> Turnips <input type="checkbox"/> Water chestnuts <input type="checkbox"/> Watercress 	<p>Servings/day _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Acorn squash (subbed)—1 c <input type="checkbox"/> Butternut squash (subbed)—1 c <input type="checkbox"/> Parsnips—½ c or ½ whole <input type="checkbox"/> Potato: Purple, red, sweet, white, yellow—½ med <p>1 serving = 80 calories, 15 g carbs</p> <p>Eliminate</p> <p>Corn, Potato (if avoiding nightshades)</p>	<p>Servings/day _____</p> <p>Unsweetened, sprouted, organic preferred</p> <ul style="list-style-type: none"> <input type="checkbox"/> Amaranth—½ c <input type="checkbox"/> Brown rice cakes—2 <input type="checkbox"/> Buckwheat/steed-cut—½ c <input type="checkbox"/> Quinoa—½ c <input type="checkbox"/> Rice—½ c <input type="checkbox"/> Teff—½ c <input type="checkbox"/> Flours for baking: Arrowroot, sorghum, tapioca—3 T <p>1 serving = 75–110 calories, 15 g carbs</p> <p>Eliminate</p> <p>Barley, corn, amaranth, kamut, rye, spelt, triticale, wheat</p>
<p>Servings/day _____</p> <p>Unsweetened, no sugar added</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apple—1 med <input type="checkbox"/> Apricots—4 <input type="checkbox"/> Bananas—½ med <input type="checkbox"/> Blackberries—½ c <input type="checkbox"/> Blueberries—½ c <input type="checkbox"/> Dried fruit ● <input type="checkbox"/> Pear—1 med <input type="checkbox"/> Persimmon—½ <input type="checkbox"/> Pineapple—½ c <input type="checkbox"/> Plum—2 med <input type="checkbox"/> Pomegranate seeds <input type="checkbox"/> Prunes—3 med <input type="checkbox"/> Raisins—2 T <input type="checkbox"/> Raspberries—½ c <input type="checkbox"/> Tangerines—2 med <p>1 serving = 60 calories, 15 g carbs</p> <p>Eliminate</p> <p>Citrus fruits (if directed by your healthcare provider)</p>	<p>Servings/day _____</p> <p>Unsweetened, no sugar added</p> <ul style="list-style-type: none"> <input type="checkbox"/> Melon, all—1 c <input type="checkbox"/> Mango—½ med <input type="checkbox"/> Nectarine—1 med <input type="checkbox"/> Orange—1 med <input type="checkbox"/> Papaya—1 c <input type="checkbox"/> Peach—1 med <input type="checkbox"/> Pear—1 med <input type="checkbox"/> Persimmon—½ <input type="checkbox"/> Pineapple—½ c <input type="checkbox"/> Plum—2 med <input type="checkbox"/> Pomegranate seeds <input type="checkbox"/> Prunes—3 med <input type="checkbox"/> Raisins—2 T <input type="checkbox"/> Raspberries—½ c <input type="checkbox"/> Tangerines—2 med <p>1 serving = 60 calories, 15 g carbs</p> <p>Eliminate</p> <p>Citrus fruits (if directed by your healthcare provider)</p>	<p>Servings/day _____</p> <p>Unsweetened, no sugar added</p> <ul style="list-style-type: none"> <input type="checkbox"/> Herbs and Spices, all <input type="checkbox"/> Condiments: Mustard, vinegar ●▲ <input type="checkbox"/> —use sparingly, suggest 1 T or less per serving <input type="checkbox"/> Green tea <input type="checkbox"/> Fresh juiced fruits/vegetables

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

