

The Elimination Diet

INCLUDE

Fruits	Whole fruits, unsweetened, frozen or water-packed, diluted natural juices
Dairy Substitutes	Nut milks such as almond milk, rice milk, brazil nut milk, hemp seed milk
Non-Gluten Grains & Starch	Brown rice, millet, quinoa, amaranth, buckwheat
Animal Protein	Cold-water fish: salmon & trout, wild game, lean lamb, duck, chicken, turkey
Vegetable Protein	Split peas, lentils, legumes, beans
Nuts and Seeds	Walnuts, sesame, pumpkin, sunflower, hazelnuts, pecans, almonds, cashews, nut and seed butters
Vegetables	Preferably fresh, raw, steamed, sauteed, juiced, roasted
Oils	Cold-pressed olive, coconut, flax, sesame, almond, sunflower, pumpkin, walnut, coconut
Drinks	Filtered water, green tea, herbal teas, seltzer or mineral water, yerba mate, coconut water
Sweeteners	Stevia, xylitol, brown rice syrup, agave nectar
Condiments	Vinegar, all spices, sea salt, dried pepper, basil, carob, raw cacao, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, turmeric, thyme

EXCLUDE

Oranges, orange juice, grapefruit, strawberries, grapes, banana
Dairy and eggs, milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers
Wheat, corn, barley, spelt, kamut, rye, couscous, oats
Raw fish, pork, beef, veal, sausage, cold cuts, canned meats, hot dogs, shellfish
Soybean products (soy sauce, soybean oil in processed foods, tempeh, tofu, soy milk, soy yogurt)
Peanuts, peanut butter, pistachios, macadamia nuts
Corn, creamed vegetables, tomatoes, potatoes, eggplants, peppers
Butter, margarine, shortening, processed oils, canola oil, salad dressings, mayonnaise, spreads
Alcohol, coffee, caffeinated beverages, soda pop, soft drinks
Refined sugar, white/brown sugars, honey, maple syrup, high fructose corn syrup, evaporated cane juice, Splenda®, Equal®, Sweet'N Low®
Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki, other condiments