

Comprehensive Elimination Diet Guidelines

FOODS to INCLUDE	FOODS to EXCLUDE
Fruits: whole fruits, unsweetened, frozen or water-packed, canned fruits and diluted juices	Oranges and orange juice
Dairy substitutes: rice milk, hemp milk, coconut milk, macadamia milk, flax milk, cashew milk	Dairy and eggs: milk, cheese, eggs, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers
Non-gluten grains and starch: rice (all types), millet, quinoa, amaranth, teff, tapioca, buckwheat, potato flour	Grains: wheat, corn, barley, spelt, rye, triticale, oat
Animal protein: fresh or water-packed canned fish, wild game, lamb, duck, organic chicken and turkey	Pork, beef/veal, sausage, cold cuts, canned meats, frankfurters, shellfish
Vegetable protein: split peas, lentils, and legumes	Soybean products (soy sauce, soybean oil in processed foods; tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)
Nuts and seeds: Coconut, pine nuts, flax seeds	Peanuts and peanut butter, walnuts, sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, cashews, nut butters such as almond or tahini
Vegetables: all raw, steamed, sautéed, juiced or roasted vegetables	Corn, creamed vegetables. If have arthritis, avoid nightshades: tomatoes, potatoes, eggplants, peppers, paprika, salsa, chili peppers, cayenne, chili powder
Oils: cold pressed olive, ghee	Butter, margarine, shortening, processed oils, salad dressings, mayonnaise, and spreads,, flax, safflower, sesame, almond, sunflower, walnut, canola, pumpkin
Drinks: filtered or distilled water, decaffeinated herbal teas, seltzer or mineral water	Alcohol, coffee and other caffeinated beverages, soda pop or soft drinks
Sweeteners: Use Sparingly: brown rice syrup, agave nectar, stevia, fruit sweetener, blackstrap molasses	Refined sugar, white/brown sugars, honey, maple syrup, high fructose corn syrup, evaporated cane juice
Condiments: vinegar, all spices, including salt, pepper, basil, carob, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, tarragon, thyme, turmeric	Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki, and other condiments

Things to watch for:

- ☞ Corn starch in baking powder and any processed foods
- ☞ Corn syrup in beverages and processed foods
- ☞ Vinegar in ketchup, mayonnaise & mustard is usually from wheat or corn
- ☞ Breads advertised as gluten-free which contain oats, spelt, kamut, rye
- ☞ Many amaranth and millet flake cereals have oats or corn
- ☞ Many canned tunas contain textured vegetable protein which is from soy; look for low-salt versions which tend to be pure tuna, with no fillers

READ ALL INGREDIENT LABELS CAREFULLY!

Elimination Diet Shopping List

Vegetables

- ✓ Artichoke
- ✓ Asparagus
- ✓ Avocado
- ✓ Bamboo shoots
- ✓ Beets & beet tops
- ✓ Bok choy
- ✓ Broccoflower
- ✓ Broccoli
- ✓ Brussels sprouts
- ✓ Cabbage
- ✓ *Bell peppers*
- ✓ Carrots
- ✓ Cauliflower
- ✓ Celery
- ✓ Chives
- ✓ Cucumber
- ✓ Dandelion greens
- ✓ *Eggplant*
- ✓ Endive
- ✓ Kale
- ✓ Kohlrabi
- ✓ Leeks
- ✓ Lettuce
- ✓ Mushroom
- ✓ Okra
- ✓ Onions
- ✓ Pak-Choi
- ✓ Parsley
- ✓ *Potato*
- ✓ Red Leaf Chicory
- ✓ Sea Vegetables – seaweed, kelp
- ✓ Snow peas
- ✓ Spinach
- ✓ Squash
- ✓ Sweet potato & yams
- ✓ Swiss chard
- ✓ *Tomato*
- ✓ Watercress
- ✓ Zucchini

* *All the above vegetables can be consumed raw, juiced steamed, sautéed, or baked. If arthritis, avoid nightshades: in italics.*

Cereals & Pasta

- ✓ Cream of rice
- ✓ Puffed rice
- ✓ Puffed millet
- ✓ Quinoa flakes
- ✓ Rice pasta
- ✓ 100% buckwheat noodles
- ✓ Rice crackers/rice cakes

Dairy Substitutes

- ✓ Almond, Macadamia, Cashew, Flax, Hemp milk
- ✓ Rice Milk
- ✓ Coconut Milk

Fruits

- ✓ Apples, applesauce
- ✓ Apricots (fresh)
- ✓ Bananas
- ✓ Blackberries
- ✓ Blueberries
- ✓ Cantaloupe
- ✓ Cherries
- ✓ Coconut
- ✓ Figs (fresh)
- ✓ Grapefruit
- ✓ Huckleberries
- ✓ Kiwi
- ✓ Kumquat
- ✓ Lemon, lime
- ✓ Loganberries
- ✓ Mangos
- ✓ Melons
- ✓ Mulberries
- ✓ Nectarines
- ✓ Papayas
- ✓ Peaches
- ✓ Pears
- ✓ Prunes
- ✓ Raspberries
- ✓ Strawberries

* *All the above fruit can be consumed raw or juiced*

Non-Gluten Grains

- ✓ Amaranth
- ✓ Millet
- ✓ Quinoa
- ✓ Rice -brown, white, wild
- ✓ Teff
- ✓ Buckwheat
- ✓ Rice Crackers

Herbs, Spices & Extracts

- ✓ Basil
- ✓ Black pepper
- ✓ Cinnamon
- ✓ Cumin
- ✓ Dandelion
- ✓ Dill
- ✓ Dry mustard
- ✓ Garlic
- ✓ Ginger
- ✓ Nutmeg
- ✓ Oregano
- ✓ Parsley
- ✓ Rosemary
- ✓ Salt-free herbal blends
- ✓ Sea salt
- ✓ Tarragon
- ✓ Thyme
- ✓ Turmeric
- ✓ Pure vanilla extract

Animal Protein

- ✓ Free-range chicken, turkey, duck
- ✓ Fresh ocean fish, e.g. - Pacific salmon, halibut, haddock, cod, sole, pollock, tuna, mahi-mahi
- ✓ Lamb
- ✓ Water-packed canned tuna (watch for added protein from soy)
- ✓ Wild game

Oils

- ✓ Ghee
- ✓ Flax
- ✓ Olive
- ✓ Coconut
- ✓ Animal Lard/Fat

Nuts

- ✓ Coconut

Vinegars

- ✓ Apple Cider
- ✓ Balsamic
- ✓ Red Wine
- ✓ Rice
- ✓ Tarragon
- ✓ Ume Plum

Sweeteners

- ✓ Fruit sweetener (100% juice concentrate)
- ✓ Monk Fruit
- ✓ Molasses
- ✓ Rice syrup
- ✓ Stevia

Condiments

- ✓ Mustard- (made with apple cider vinegar)

Beverages

- ✓ Herbal tea (non- caffeinated)
- ✓ Mineral water
- ✓ Pure unsweetened fruit or vegetable juices
- ✓ Filtered Water

Breads & Baking

- ✓ Arrowroot
- ✓ Baking soda
- ✓ Gluten free breads
- ✓ Flours: rice, teff, quinoa, millet, tapioca, amaranth, potato, tapioca
- ✓ Mochi
- ✓ Rice bran
- ✓ Rice flour pancake mix
- ✓ Rice tortillas