

# Elimination Diet

## Overview

This diet is used to identify hidden food allergens that may be causing physical symptoms, including inflammation, fatigue, sore joints, headaches, etc.

During the elimination period, all common allergens are completely removed from the diet for two to three weeks.

After symptoms improve, in about two to three weeks, food groups are added back in, one at a time, to determine which foods provoke symptoms.

It is important to read labels. Hidden allergens are found in packaged foods. "Flour" means wheat; "vegetable oil"

may contain corn; and casein and whey are dairy products. Make sure vitamins are free of wheat, corn, sugar, citrus, yeast, and artificial colorings.

Vary the diet by choosing a wide variety of foods. The body may become allergic to foods eaten too often.

## Foods to Avoid



**Dairy:** milk, cheese, butter, yogurt, sour cream, cottage cheese, whey, casein, sodium caseinate, and any food containing these.

**Wheat:** breads, spaghetti, noodles, pasta, most flour, baked goods, durum semolina, farina, and many gravies.



**Corn:** including corn oil, vegetable oil from an unspecified

source, corn syrup, corn sweetener, dextrose, corn chips, tortillas, and popcorn.

**Citrus fruits:** oranges, grapefruits, lemons, limes, tangerines, and foods containing citrus.



**Coffee and tea:** avoid caffeinated and decaffeinated drinks.

**Food additives:** artificial colors, flavors, preservatives, texturing agents, artificial sweeteners. Full list:

[www.nutritiondata.com/topics/food-additives](http://www.nutritiondata.com/topics/food-additives)

## More Foods to Avoid



**Refined sugar:** table sugar and foods that contain it, candy, soda, pies,

cake, cookies. Other names for sugar include sucrose, glucose, dextrose, corn syrup, corn sweetener, fructose, maltose, and levulose.



**Alcohol:** all forms of alcohol - wine, beer, liquor, mixed drinks.

**Tap water** (includes cooking water): Use only filtered water. Take your own filtered water with you to work or when eating out.



**Processed Foods:**

canned, packaged, pre-prepared, and fast foods. Frozen meats and vegetables with no food additives are ok.

**Protein:** Eggs, red meat, canned fish.



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## Adding Foods Back

Try not to restrict calories and consume at least 6 glasses of water per day. If you do not eat and drink enough, you may experience symptoms of low blood sugar and dehydration.

Eat adequate fiber such as beans, whole fruits and vegetables, nuts and seeds.

Plan ahead. Have food and recipes on hand that follow the diet.

About one in four patients develops mild "withdrawal" symptoms - fatigue, irritability, headaches, or increased hunger. These symptoms generally disappear within 2-5 days.

Add "one" type of food back in per day. Test pure sources only. Do not use pizza to test dairy, because pizza also contains wheat and corn oil. Keep a record of your reaction to the food. If you have a negative reaction, wait until your symptoms clear before testing another food type.

## Foods You Can Eat



**Cereals:** oatmeal, oat bran, cream of rye, puffed rice,

puffed millet and other wheat-free cereals. If you have Celiac Disease, do not consume oat.

**Grains and flour products:** rice, potato, buckwheat, beans, oats, amaranth, quinoa and millet.



**Beans:** lentils, peas, chickpeas, navy beans, kidney beans,

black beans, string beans, and others.

**Vegetables:** Use a wide variety except corn and soy. Don't rely on the same ones all the time. Fresh vegetable are best but frozen is ok.



**Proteins:** poultry and fowl, fresh, wild caught fish.

**Nuts and Seeds:** Nuts except peanuts and seeds, either raw or roasted without salt or sugar. May also use nut butters except peanut butter.

## More Foods You Can Eat



**Oils and Fats:** sunflower, safflower, olive, sesame, flaxseed,

coconut and canola oils. Use cold-pressed or expeller-pressed oils.

**Beverages:** herbal teas, spring water, seltzer, pure fruit juices without sugar.



**Spices and condiments:** salt, pepper, garlic, ginger,

onions, catsup and mustard (without sugar), Bragg Liquid Aminos, Vitamin C crystals in water as a substitute for lemon juice.

**Thickeners:** rice, oat, millet, kuzu or amaranth flours, arrowroot, agar.

**Sweeteners:** Stevia is an excellent sweetener.

