

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, oat, and nut milks such as almond milk and coconut milk	Dairy and eggs: milk, cheese, eggs, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers
Non-gluten grains and starch: brown rice, oats, millet, quinoa, amaranth, teff, tapioca buckwheat, potato flour	Grains: wheat, corn, barley, spelt, kamut, rye, triticale
Animal protein: fresh or water-packed 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, soymilk, soy yogurt, textured vegetable protein)
Nuts and seeds: walnuts, sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, cashews, nut butters such as almond or tahini	Peanuts and peanut butter
Vegetables: all raw, steamed, sautéed, juiced or roasted vegetables	Corn, creamed vegetables, tomatoes, chiles
Oils: cold pressed olive, flax, safflower, sesame, almond, sunflower, walnut, canola, pumpkin	Butter, margarine, shortening, processed oils, salad dressings, mayonnaise, and spreads
Drinks: filtered or distilled water, decaffeinated herbal teas, seltzer or mineral water	Alcohol, coffee and other caffeinated beverages, soda pop or soft drinks
Sweeteners: brown rice syrup, stevia, fruit sweetener, blackstrap molasses	Refined sugar, white/brown sugars, honey, maple syrup, high fructose corn syrup
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

Read ALL ingredient labels carefully! 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
- Multi-grain rice cakes are not just rice. Purchase plain rice cakes.

This patient guide was created by Barb Schiltz, RN, MS, CN of the Institute for Functional Medicine at www.functionalmedicine.org and was distributed by Kristofer Young, DC of Ventura Chiropractic & Massage at www.Ventura-Chiropractor.com