

# Elimination Diet Food Plan

## PROTEIN Proteins

*Organically grown animal protein, free-range, wild-caught fish, non-GMO preferred*

### Animal Proteins:

- Fish: Halibut, herring●, mackerel, salmon, sardines●, tuna
- Meat: All wild game, buffalo, elk, lamb, venison
- Poultry (skinless): chicken, hen, turkey

### Vegetable protein

- Spirulina

### Protein Powder:

- Hemp, pea, rice

### Eliminate

Beef/veal, canned meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, textured vegetable protein)

### KEY

- High histamine content
- Nightshades
- ▲ Fermented foods

## LEGUMES Proteins/carbs

*Organic, non-GMO preferred*

- Bean soups
- Dried beans, peas, or lentils (cooked)
- Flour, legume
- Green peas (cooked)
- Hummus or other bean dip
- Refried beans, vegetarian

### Eliminate

Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

## DAIRY ALTERNATIVES Proteins/Carbs

*Unsweetened, organic preferred*

- Kefir: Coconut (plain)●▲
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice
- Yogurt: Coconut (cultured)●▲

### 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

*Unsweetened, unsalted, organic preferred*

- Almonds
- Brazil nuts
- Cahsews●
- Chia seeds
- Coconut (dried)
- Flaxseed (ground)
- Hazelnuts
- Hemp seeds
- Macadamias
- Nut and seed butters
- Pecan Halves
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds●
- Walnut Halves●

### Eliminate

Mixed nuts (with peanuts), peanuts, peanut butter

## FATS & OILS

## Fats

Minimally refined, cold-pressed, organic, non-GMO preferred

- ☐ Avocado●
- ☐ Coconut milk, regular (canned)
- ☐ Coconut milk, light (canned)
- ☐ Ghee/clarified butter (grass-fed)
- ☐ Olives●: black, green, kalamata
- ☐ Oils, cooking: Avocado, coconut, grapeseed, olive (extra virgin), rice bran, sesame
- ☐ Oils, salad: Almond, avocado, flaxseed, grapeseed, hempseed, olive (extra virgin), pumpkin, safflower (high-oleic), sunflower (high-oleic), sesame, walnut
- ☐ Prepared salad dressing with acceptable oils

## Eliminate

Butter, corn oil, cottonseed oil, margarine/spreads, mayonnaise, peanut oil, shortening, soybean oil

## VEGETABLES Non-starchy Carbohydrates

- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Bamboo shoots
- ☐ Beets (cubed)
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celeriac root

- ☐ Celery
- ☐ Chard
- ☐ Chervil
- ☐ Chives
- ☐ Cilantro
- ☐ Cucumbers
- ☐ Daikon radishes
- ☐ Eggplant●■
- ☐ Endive
- ☐ Fennel
- ☐ Fermented vegetables●▲: Kimchi, pickles, sauerkraut etc.
- ☐ Garlic
- ☐ Green beans
- ☐ Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.
- ☐ Horseradish
- ☐ Jicama
- ☐ Kohlrabi
- ☐ Leeks
- ☐ Lettuce, all
- ☐ Microgreens
- ☐ Mushrooms●
- ☐ Okra
- ☐ Onions
- ☐ Parsley
- ☐ Peppers, all■
- ☐ Radicchio
- ☐ Radishes
- ☐ Salsa●■
- ☐ Sea vegetables
- ☐ Scallions
- ☐ Shallots
- ☐ Snap peas/snow peas
- ☐ Spinach●
- ☐ Sprouts, all
- ☐ Squash: Delicata, pumpkin●, spaghetti, yellow, zucchini, etc.

- ☐ Tomato●■
- ☐ Tomato juice●■
- ☐ Turnips
- ☐ Vegetable juices
- ☐ Water chestnuts
- ☐ Watercress

## VEGETABLES Starch

## Carbohydrates

- ☐ Acorn squash (cubed)
- ☐ Butternut squash (cubed)
- ☐ Plantain
- ☐ Potato: Purple, red, sweet, white, yellow
- ☐ Potatoes (mashed, made with non-dairy milk)
- ☐ Root vegetables: Parsnip, rutabaga
- ☐ Yam

## Eliminate

Corn, Potato (if avoiding nightshades)

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## FRUITS

Carbs

Unsweetened, no sugar added

- ☐ Apple
- ☐ Applesauce
- ☐ Apricots
- ☐ Banana
- ☐ Blackberries
- ☐ Blueberries
- ☐ Dried fruit● (no sulfites)
- ☐ Figs
- ☐ Grapes
- ☐ Grapefruit
- ☐ Juices (diluted)
- ☐ Kiwi
- ☐ Kumquats
- ☐ Lemon
- ☐ Lime
- ☐ Melon, all
- ☐ Mango
- ☐ Nectarine
- ☐ Orange
- ☐ Papaya
- ☐ Peach
- ☐ Pear
- ☐ Persimmon
- ☐ Pineapple
- ☐ Plums
- ☐ Pomegranate seeds
- ☐ Prunes
- ☐ Raisins
- ☐ Raspberries●
- ☐ Tangerines

### Eliminate

Citrus fruits (if directed by your healthcare provider)

## GLUTEN-FREE GRAINS

Carbs

Unsweetened, sprouted, organic preferred

- ☐ Amaranth
- ☐ Brown rice cakes
- ☐ Buckwheat/kasha
- ☐ Crackers: (nut, seed, rice)
- ☐ Flours for baking: Arrowroot, sorghum, tapioca
- ☐ Millet
- ☐ Oats: rolled, steel-cut
- ☐ Quinoa
- ☐ Rice
- ☐ Teff

### Eliminate

Barley, corn, emmer, farro, kamut, rye, spelt, triticale, wheat

## BEVERAGES

Unsweetened, no sugar added

- ☐ Filtered water
- ☐ Sparkling/mineral water
- ☐ Unsweetened coconut water
- ☐ Green tea
- ☐ Fresh juiced fruits/vegetables

## SPICES & CONDIMENTS

- ☐ Herbs and Spices, all
- ☐ Seasonings: Mustard●, vinegars●▲

Organic, non-GMO fruits, vegetables, herbs and spices preferred

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*Adapted from The Institute for Functional Medicine*

