

Elimination /Hypoallergenic Dietary Guidelines

Food Guidelines

Choose organic fruits & vegetables if possible.

Be sure to read labels thoroughly. Avoid anything with sugar, glucose, fructose, EDTA, flavouring, colour or any other preservatives.

Vegetables

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> ▪ All fresh vegetables (try to incorporate onions, garlic, carrots, beets, leeks, celery, cauliflower, Brussels sprouts, cabbage, green beans, broccoli, asparagus, leafy greens - kale, mustard greens, turnip greens, bok choy, kohlrabi etc.) ▪ Sweet potatoes, yams ▪ Try sprouting, esp. mung beans, alfalfa & red clover as they help with detoxification 	<ul style="list-style-type: none"> ▪ Tomatoes, corn, mushrooms, peppers, potatoes <p><i>Common vegetable allergens.</i> <i>Frozen, canned or jarred vegetables.</i></p>

Can be eaten raw, steamed or baked, no frying.

Fruits

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> ▪ Almost all fresh fruits (see "avoid" column) 	<ul style="list-style-type: none"> ▪ Bananas ▪ Citrus (oranges, grapefruit) ▪ Dried fruits

Grains

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> ▪ Brown rice, millet, buckwheat, quinoa, tapioca, teff, amaranth <p><i>You can also eat cereals made from these grains.</i></p> <ul style="list-style-type: none"> ▪ Brown rice pasta 	<ul style="list-style-type: none"> ▪ All gluten-containing grains (wheat, spelt, rye, oats, barley) commonly found in breads, pasta & other products from refined flour <p><i>Most common allergies are caused by this group of foods - by avoiding these foods for a few weeks it gives your body a chance to relax, you may not even know you have an allergy to these foods because the symptoms may be so subtle.</i></p>

Legumes

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> ▪ All legumes (adzuki beans, navy, black, etc.) ▪ All peas (fresh/ split/ snap) ▪ Lentils (any variety) 	<ul style="list-style-type: none"> ▪ Soy beans & soy products (tofu, soy milk, soy sauce, tempeh, TVP) <p><i>Soy is another common allergen.</i></p>

Nuts & Seeds

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> ▪ Almonds, sesame seeds, cashews, brazil nuts, hazelnuts, pecans, pumpkin seeds, sunflower seeds, walnuts all in their raw form 	<ul style="list-style-type: none"> ▪ Peanuts, pistachios ▪ Any nuts or seeds that are salted or flavoured in some way

Animal Products

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none">Free-range chicken & turkey can be grain fed if organic not availableOrganic lamb, wild gameWild deep water fish (salmon, halibut, cod, mackerel, sardines)	<ul style="list-style-type: none">Red meats (beef, pork, bacon), sandwich meats, hot dogs, sausage, canned meats, smoked meats, shell-fish, catfishDairy (milk, cream, sour cream, cheese, butter, yogurt)Eggs

Condiments

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none">Oils: only olive & flax oilAll herbs (e.g. parsley, coriander, garlic, ginger)All spices (e.g. curry, fennel, cayenne, basil, cinnamon, clove)Sea saltSpreads: tahini paste; nut butters (eg. almond, hazelnut, sesame, sunflower, cashew), apple butter (Eden Organic), bean dips (eg. hummus)Sauces: pesto, mustard w/ no additivesApple cider/ brown rice vinegar, fresh lemon juice (not concentrated)Sweeteners: stevia	<ul style="list-style-type: none">Regular table saltRefined oils, margarine, shorteningAll sweeteners (corn/ brown rice/ maple syrups, molasses, brown/ white sugar, etc.) <i>This includes desserts & all processed foods high in sugars.</i>

Don't heat flax oil. Instead mix into cooked porridge, drizzle over salad/ steamed vegetables/ grains, add to fruit smoothie.

Beverages

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none">Filtered water, at least 8-9 glasses!Herbal teas: rooibos (like black tea), peppermint, chamomile, licorice root, passion flower, dandelion, milk thistle (the latter 2 teas are excellent liver detoxifiers, try 1 cup/day) and any other herbal teaOrganic Japanese green teaRice milk (Rice Dream Pacific) & nut milks (Breeze, Pacific)	<ul style="list-style-type: none">Caffeinated beverages (coffee, black tea, soda)AlcoholDairy (milk & other dairy products)Soy milkAll fruit drinks high in refined sugarsAll vegetable drinks high in salt

Meal Suggestions

Breakfast

Breakfast may include combinations of approved grains, meats, and fruits, here are a few ideas...

Buckwheat/ millet/ brown rice (Bob's Red Mill Creamy Rice Farina) porridge or quinoa to this you can add cinnamon & apples or pears, a few almonds & rice or almond milk.

In general:

- add fruit, nuts & spice to porridge while it's cooking; makes fruit & nuts more digestible and adds flavour
- You can mix buckwheat or amaranth & millet together

Fruit smoothie, blend together the following...

- 1 cup rice/almond milk
- 1 cup of fruit (berries, pears, mango)
- 1 tbsp flax oil
- handful of raw spinach or kale
- few almonds

4. Buckwheat / rice flakes / rice crisps cereal with rice or nut milk

Lunch & Dinner

Lunch and dinner may include approved organic/grain fed chicken & turkey, wild game, fish, grains, legumes, cooked or raw vegetables, soups, and salads.

Snacks

- Brown rice crackers or brown rice cakes w/ almond butter, tahini mixed w/ miso paste & vegetable topping (sprouts, cucumber, cooked beets), avocado
- Fruits especially those that are seasonal
- Raw vegetables (carrot & celery sticks)
- Handful of nuts

Food Reintroduction

It is usually recommended to follow this diet for at least 3 weeks. Once the elimination diet comes to an end you will be gradually reintroducing the foods that you have been avoiding.

Every newly introduced food or food group should be eaten during at least 2 of the 3 meals in one day for three consecutive days. At any point when you start to react to the food, you need to stop eating the offending food. If however, you have no reactions after the third day you simply introduce another food group.

Please note that when you react to an introduced food, wait until your reaction subsides prior to reintroduction of the next food group.

Here is a list of food groups that need to be reintroduced into your diet. Please discuss order and reintroduction strategies with your naturopath:

- Dairy (milk, cream, sour cream, cheese, butter, yoghurt)
- Red meats (beef, pork, bacon)
- All gluten-containing grains (wheat, spelt, rye, oats, barley) commonly found in breads, pasta & other products from refined flour
- Corn
- Tomatoes, mushrooms, peppers, potatoes
- Eggs
- Caffeinated beverages (coffee, black tea, soda)
- Shellfish, catfish
- Soy beans & soy products (tofu, soy milk, soy sauce, tempeh, TVP)
- Peanuts, pistachios
- Bananas
- Citrus (oranges, grapefruit)
- Dried fruits
- All sweeteners (corn/ brown rice/ maple syrups, molasses, brown/ white sugar, etc.), all fruit drinks high in refined sugars
- Alcohol