

ELIMINATION DIET



Food Category:	Allowed:	Avoid:
Meat & meat alternatives	Lamb Chicken Turkey	Pork Beef Fish Eggs Seafood Milk & milk products
Grains	Rice (barley)	Wheat Oats Corn Rye
Legumes & nuts		Avoid all dried peas and nuts
Vegetables	All except corn and peas	
Fruits	All except citrus fruits, strawberries, and tomatoes	
Sweeteners	Sugar (cane or beet) Maple syrup Honey	
Fats & oils	Olive oil Safflower oil Vegetable oil	Soy, corn, or peanut oil Butter Margarine
Miscellaneous	White vinegar Water (ginger ale) Salt (pepper) Fruit juices	Coffee & tea Alcohol Colas Spices Chewing gum

Note: Also referred to as an *Exclusion* or *Hypoallergenic Diet*. Foods in parenthesis may cause adverse reactions in some individuals. These may be omitted from the trial *Elimination Diet*. If an allowed food is one that has caused a reaction in the past, it should be omitted. While on the trial *Elimination Diet*, symptoms are recorded and a note should be made if there is any change from ones of the previous regular diet. If there are symptoms, determine if there is any relationship to particular foods.