

## Modified Elimination Diet

### Food Group

### Allowed

### Avoid

Meat/Fish/Poultry

chicken, turkey, lamb (all free range), wild game

processed meats, beef, pork, fish, eggs

Legumes/Nuts

almonds, walnuts, pecans, lentils, peas

peanuts, cashews, sunflower seeds, beans, any containing sugar/salt

Dairy Products

unsweetened/live yogurt, rice milk

milk, ice cream, sour cream, cream cheese, butter, cottage cheese

Breads/Pastas/Cereals

rice/buckwheat pastas, breads, or cereals

wheat, barley, rye

Grains

brown rice, millet, tapioca, buckwheat

anything containing rye, wheat, or barley

Soups

clear, vegetable-based, home-made soups

canned soups

Vegetables

fresh veggies

anything canned, potatoes, tomatoes, peppers, eggplant

Fruits

fresh

juices, dried fruits, citrus fruits, strawberries

Beverages

water (filtered or spring), herbal teas

coffee, alcohol, sodas, all juices, black/green tea

Oils/Fats

extra-virgin olive oil, flax oil

margarine, all other oils, butter, dressings

Salt

sea salt

table salt