

COMPREHENSIVE ELIMINATION DIET FOOD LIST

Fats & Oils

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

- Avocado
- Olives (black or green)
- Coconut milk (regular or light)
- Oils (canola, coconut, grapeseed, EVOO, sesame, flaxseed, almond, hemp seed, pumpkin, safflower, sunflower, walnut)
- Prepared salad dressing with acceptable oils

ELIMINATE:

- Butter
- Margarine/spreads
- Shortening
- Corn oil
- Mayonnaise
- Soybean oil
- Cottonseed oil
- Peanut oil

Nuts & Seeds

- Almonds
- Nut and seed butters
- Brazil nuts
- Pecan halves
- Cashews
- Pine nuts
- Chia seeds
- Pistachios
- Coconut (unsweetened)
- Pumpkin seeds
- Flaxseed, ground
- Sesame seeds
- Hemp seeds
- Sunflower seed kernels
- Walnut halves

ELIMINATE:

- Mixed nuts (with peanuts)
- Peanuts
- Peanut butter

Protein

Lean, grass-fed, organic, non-GMO preferred

- Plant protein (legume, mushroom, veggie. No soy or wheat)
- Fish, wild caught (canned, fresh, frozen)
- Meat: all wild game, buffalo, elk, lamb, venison
- Poultry: chicken (skinless), Cornish hen, turkey
- Protein powder: Hemp, pea, rice protein

ELIMINATE:

- Beef/veal
- Canned meats
- Cold cuts
- Eggs
- Whey
- Frankfurters/hot dogs
- Soy: miso, natto, tempeh, tofu
- Pork
- Shellfish

Non-Starchy Vegetables

- Artichoke
- Arugula
- Asparagus
- Bamboo shoots
- Bok choy (Chinese cabbage)
- Broccoflower
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard/Swiss chard
- Chives
- Cucumbers
- Daikon radishes
- Endive
- Escarole
- Eggplant
- Fennel
- Garlic and shallots
- Green beans
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Horseradish
- Jicama
- Kohlrabi
- Leeks
- Lettuce, all
- Micro greens
- Mushrooms
- Okra
- Onions and scallions
- Parsley
- Peppers, all
- Pumpkin
- Radicchio
- Radishes
- Salsa
- Sea vegetables
- Snap peas/snow peas
- Spinach
- Sprouts, all
- Squash (spaghetti, yellow, zucchini)
- Tomato
- Tomato juice
- Turnips
- Vegetable juice
- Vegetables, fermented
- Water chestnuts
- Watercress

ELIMINATE:

- Histamines
- Nightshades
- Oxalates
- Salicylates

Starchy Vegetables

- Acorn squash
- Beets
- Butternut squash
- Celery root
- Plantain
- Potato (purple, red, sweet, white, yellow)
- Root vegetables (parsnip, rutabaga)

ELIMINATE:

- Corn
- Potato (if avoiding nightshades)

Legumes

- Bean soups
- Cooked dried beans, peas, or lentils
- Flour, legume (containing only dried beans, lentils, peas)
- Green peas
- Hummus or other bean dips
- Refried beans, vegetarian

ELIMINATE:

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

Fruits (no sugar added)

- Apple/applesauce
- Apricots
- Banana
- Berries
- Dried fruit (no sulfites)
- Figs, fresh
- Grapes
- Goji berries
- Grapefruit
- Juices, diluted
- Kiwi
- Kumquats
- Lemon
- Lime
- Melon
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plums
- Pomegranate
- Prunes
- Raisins
- Starfruit
- Tangerines

ELIMINATE:

- Citrus fruits (if directed by your qualified healthcare practitioner)

Dairy Alternatives

- Coconut yogurt & kefir (unsweetened)
- Milk alternatives including almond, coconut beverage, hemp, nut, oat and rice (unsweetened)

ELIMINATE:

- Butter
- Cheese
- Cottage cheese
- Cream
- Frozen yogurt
- Ice cream
- Milk
- Non-dairy creamers
- Soy milk
- Yogurt, dairy and soy
- Whey

Gluten-Free Grains

- Amaranth
- Brown rice cakes
- Buckwheat/Kasha
- Crackers, gluten free (nut, rice or seed)
- Gluten-free flours
- Millet
- Oats (rolled or steel cut, certified gluten free)
- Quinoa
- Rice
- Teff

ELIMINATE:

- Barley
- Corn
- Emmer
- Farro
- Kamut
- Rye
- Spelt
- Triticale
- Wheat