

## Modified Elimination Diet

	FOODS TO INCLUDE	FOODS TO AVOID
FRUITS	Unsweetened fresh, frozen, water-packed, or canned; unsweetened fruit juices except orange	Oranges
VEGETABLES	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	Corn; creamed vegetables
STARCH	Rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products
BREAD/CEREAL	Products made from rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa	Products made from wheat, spelt, kamut, rye, barley; all gluten-containing products
LEGUMES	All beans, peas, and lentils unless otherwise indicated	Soybeans†, tofu, tempeh, soybeans, soy milk, other soy products
NUTS AND SEEDS	Almonds, cashews, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds	Peanuts, peanut butter
MEAT AND FISH	All canned (water-packed), frozen, or fresh fish; chicken; turkey; wild game; lamb	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish
DAIRY PRODUCTS & MILK SUBSTITUTES	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, "non-dairy" creamers
FATS	Cold-exPELLER pressed olive, flax, canola, safflower, sunflower, sesame, walnut, pumpkin, or almond oils	Margarine, butter, shortening, processed (hydrogenated) oils, mayonnaise, spreads
BEVERAGES	Filtered or distilled water, herbal tea, seltzer or mineral water	Soda pop or soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
SPICES & CONDIMENTS	All spices unless otherwise indicated. For example, use: cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar	Chocolate††, ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, other condiments
SWEETENERS	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, candy; desserts made with these sweeteners

†Note that soy is an ingredient in some of the recommended medical foods and supplement formulas. Therefore, those products are only recommended if your healthcare practitioner has determined you have no intolerance to soy.

††Note that chocolate is an ingredient in some of the recommended medical foods. Therefore, those products are only recommended if your healthcare practitioner has determined you have no intolerance to chocolate.