



Elimination Diet Food Plan

PROTEINS

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Proteins:

- Fish: Halibut, herring,* mackerel, salmon, sardines,* tuna, etc.—1 oz
- Meat: All wild game, buffalo, elk, lamb, venison—1 oz
- Poultry (skinless): Chicken, Cornish hen, turkey—1 oz

1 serving as listed = 35–75 calories, 5–7 g protein, 3–5 g fat, 0–4 g carbs

Average protein serving is 3–4 oz (size of palm of hand).

Eliminate

Beef/veal, canned meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, textured vegetable protein)

LEGUMES

Proteins/Carbs

Servings/day _____

Organic, non-GMO preferred

- Bean soups— $\frac{3}{4}$ c
- Dried beans, peas, or lentils (cooked)— $\frac{1}{2}$ c
- Flour, legume— $\frac{1}{4}$ c
- Green peas (cooked)— $\frac{1}{2}$ c
- Hummus or other bean dip— $\frac{1}{3}$ c
- Refried beans, vegetarian— $\frac{1}{2}$ c

1 serving = 90–110 calories, 3–7 g protein, 0 fat, 15 g carbs

Eliminate

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

DAIRY ALTERNATIVES

Proteins/Carbs

Servings/day _____

Unsweetened, organic preferred

- Kefir: Coconut (plain)*—4–6 oz
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice—8 oz
- Yogurt: Coconut (cultured)*—4–6 oz

1 serving = 25–90 calories, 1–9 g protein, 1–4 g carbs (nutritional values vary)

Eliminate

Butter, cheese, cottage cheese, cream, frozen yogurt, ice cream, milk, non-dairy creamers, soy milk, yogurt (dairy and soy), whey

NUTS & SEEDS

Proteins/Fats

Servings/day _____

Unsweetened, unsalted, organic preferred

- Almonds—6
- Brazil nuts—2
- Cashews*—6
- Chia seeds—1 T
- Coconut (dried)—3 T
- Flaxseed (ground)—2 T
- Hazelnuts—5
- Hemp seeds—1 T
- Macadamias—2–3
- Nut and seed butters— $\frac{1}{2}$ T
- Pecan Halves—4
- Pine nuts—1 T
- Pistachios—16
- Pumpkin seeds—1 T
- Sesame seeds—1 T
- Sunflower seeds*—1 T
- Walnut halves*—4

1 serving = 45 calories, 5 g fat

Eliminate

Mixed nuts (with peanuts), peanuts, peanut butter

FATS & OILS

Fats

Servings/day _____

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

- Avocado*—2 T or $\frac{1}{8}$ whole
- Coconut milk, regular (canned)— $1\frac{1}{2}$ T
- Coconut milk, light (canned)—3 T
- Olives:* Black, green, kalamata—8
- Oils, cooking: Avocado, coconut, grapeseed, olive (extra virgin), rice bran, sesame—1 t
- Oils, salad: Almond, avocado, flaxseed, grapeseed, hempseed, olive (extra virgin), pumpkin, safflower (high-oleic), sunflower (high-oleic), sesame, walnut—1 t
- Prepared salad dressing with acceptable oils—2 T

1 serving = 45 calories, 5g fat

Eliminate

Butter, corn oil, cottonseed oil, margarine/spreads, mayonnaise, peanut oil, shortening, soybean oil

KEY

* High Histamine * Nightshades * Fermented Foods

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.



VEGETABLES Non-starchy

Carbs

Servings/day _____

- | | |
|---|--|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Beets (cubed) | <input type="checkbox"/> Lettuce, all |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Microgreens |
| <input type="checkbox"/> Broccoflower | <input type="checkbox"/> Mushrooms* |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Peppers, all* |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Celeriac root | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Salsa** |
| <input type="checkbox"/> Chard/Swiss chard | <input type="checkbox"/> Sea vegetables |
| <input type="checkbox"/> Chervil | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Snap peas/snow peas |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Spinach* |
| <input type="checkbox"/> Daikon radishes | <input type="checkbox"/> Sprouts, all |
| <input type="checkbox"/> Eggplant** | <input type="checkbox"/> Squash: Delicata, |
| <input type="checkbox"/> Endive | pumpkin*, spaghetti, |
| <input type="checkbox"/> Escarole | yellow, zucchini, etc. |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Tomato** |
| <input type="checkbox"/> Fermented | <input type="checkbox"/> Tomato juice** - 3/4 c |
| vegetables:** | <input type="checkbox"/> Turnips |
| Kimchi, pickles, | <input type="checkbox"/> Vegetable juice - 3/4 c |
| sauerkraut, etc. | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Green beans | |
| <input type="checkbox"/> Greens: Beet, collard, | |
| dandelion, kale, | |
| mustard, turnip, etc. | |

1 serving = 1/2 c, 1 c raw greens = 25 calories, 5 g carbs

VEGETABLES Starchy

Carbs

Servings/day _____

- | | |
|--|--|
| <input type="checkbox"/> Acorn squash | <input type="checkbox"/> Potatoes (mashed, |
| (cubed)-1 c | made with non- |
| <input type="checkbox"/> Butternut squash | dairy milk)-1/2 c |
| (cubed)-1 c | <input type="checkbox"/> Root vegetables: |
| <input type="checkbox"/> Plantain-1/3 c or | Parsnip, rutabaga-1/2 c |
| 1/2 whole | <input type="checkbox"/> Yam-1/2 med |
| <input type="checkbox"/> Potato: Purple, | |
| red, sweet, white, | |
| yellow-1/2 med | |

1 serving = 80 calories, 15 g carbs

Eliminate

Corn, Potato (if avoiding nightshades)

FRUITS

Carbs

Servings/day _____

Unsweetened, no sugar added

- | | |
|---|--|
| <input type="checkbox"/> Apple-1 sm | <input type="checkbox"/> Melon, all-1 c |
| <input type="checkbox"/> Applesauce-1/2 c | <input type="checkbox"/> Mango-1/2 sm |
| <input type="checkbox"/> Apricots-4 | <input type="checkbox"/> Nectarine-1 sm |
| <input type="checkbox"/> Banana-1/2 med | <input type="checkbox"/> Orange-1 med |
| <input type="checkbox"/> Blackberries-3/4 c | <input type="checkbox"/> Papaya-1 c |
| <input type="checkbox"/> Blueberries-3/4 c | <input type="checkbox"/> Peach-1 sm |
| <input type="checkbox"/> Dried fruit* | <input type="checkbox"/> Pear-1 sm |
| (no sulfites)-2 T | <input type="checkbox"/> Persimmon-1/2 |
| <input type="checkbox"/> Figs-3 | <input type="checkbox"/> Pineapple-3/4 c |
| <input type="checkbox"/> Grapes-15 | <input type="checkbox"/> Plums-2 sm |
| <input type="checkbox"/> Grapefruit-1/2 med | <input type="checkbox"/> Pomegranate seeds |
| <input type="checkbox"/> Juices (diluted)-1/2 c | -1/2 c |
| <input type="checkbox"/> Kiwi-1 med | <input type="checkbox"/> Prunes-3 med |
| <input type="checkbox"/> Kumquats-4 | <input type="checkbox"/> Raisins-2 T |
| <input type="checkbox"/> Lemon-1 | <input type="checkbox"/> Raspberries*-1 c |
| <input type="checkbox"/> Lime-1 | <input type="checkbox"/> Tangerines-2 sm |

1 serving = 60 calories, 15 g carbs

Eliminate

Citrus fruits (if directed by your healthcare provider)

GLUTEN-FREE GRAINS

Carbs

Servings/day _____

Unsweetened, sprouted, organic preferred

- | | |
|--|---|
| <input type="checkbox"/> Amaranth-3/4 c | <input type="checkbox"/> Millet-1/2 c |
| <input type="checkbox"/> Brown rice cakes-2 | <input type="checkbox"/> Oats: Rolled, steel- |
| <input type="checkbox"/> Buckwheat/ | cut-1/2 c |
| kasha-1/2 c | <input type="checkbox"/> Quinoa-1/2 c |
| <input type="checkbox"/> Crackers: (nut, seed, | <input type="checkbox"/> Rice-1/3 c |
| rice)-3-4 | <input type="checkbox"/> Teff-3/4 c |
| <input type="checkbox"/> Flours for baking: | All grain servings are |
| Arrowroot, sorghum, | for cooked amounts. |
| tapioca-3 T | |

1 serving = 75-110 calories, 15 g carbs

Eliminate

Barley, corn, emmer, farro, kamut, rye, spelt, triticale, wheat

BEVERAGES, SPICES & CONDIMENTS

Unsweetened, no sugar added

- | | |
|---|--|
| <input type="checkbox"/> Filtered water | <input type="checkbox"/> Herbs and Spices, all |
| <input type="checkbox"/> Sparkling/mineral | <input type="checkbox"/> Condiments: |
| water | Mustard*, vinegars** |
| <input type="checkbox"/> Unsweetened | -use sparingly, suggest |
| coconut water | 1 T or less per serving |
| <input type="checkbox"/> Green tea | |
| <input type="checkbox"/> Fresh juiced fruits/ | |
| vegetables | |

KEY

* High Histamine * Nightshades * Fermented Foods

Organic, non-GMO fruits, vegetables, herbs and spices preferred

