

Elimination Diet

Name: Mom

Start Date: Aug '17



Types of Foods	Yes	No
<i>Fruits</i>	<i>Almost all fresh fruit</i>	<i>Pineapples, citrus fruits, blackberries, raspberries</i>
<i>Vegetables</i>	<i>Almost all fresh, raw, steamed, sautéed or roasted vegetables</i>	<i>Spinach, olives, broccoli</i>
<i>Grains</i>	<i>Rice, oatmeal, whole wheat, sourdough</i>	<i>White flour, corn</i>
<i>Legumes</i>	<i>Almost all fresh fruit</i>	<i>Soybeans, tofu, soymilk, peas</i>
<i>Nuts & Seeds</i>		<i>All seeds and nuts</i>
<i>Meats</i>	<i>Turkey, lamb, beef, chicken, veal, eggs</i>	<i>Pork, processed meats (cold cuts) bacon, hotdogs, sausage, aged meats, smoked meats</i>
<i>Seafoods</i>	<i>Salmon, Tuna (not contaminated with shellfish)</i>	<i>All shellfish</i>
<i>Dairy/Milks/Soy</i>	<i>Rice milk, almond milk, coconut milk, flax milk</i>	<i>Cow's milk, yogurt, butter, ice-cream, cream cheese, soy milk, soy sauce, miso</i>
<i>Fats/Oils/Spices</i>	<i>Olive oil, coconut oil, flaxseed oil, sesame oil, most herbs, salt</i>	<i>Margarine, butter, mayo, hydrogenated oils, sauces (all), spicy peppers spices</i>
<i>Drinks</i>	<i>Most herbal teas</i>	<i>Coffee, alcohol, fruit juices</i>