CHOC Children's

Six-Food Elimination

Foods to Eat and Avoid

Foods Allowed	
Beverages	Juice, soda, sports drinks, coffee, tea and rice, oat, potato, hemp or coconut milk.
Grains & Starches	Breads, crackers, flours, pasta and cereal **made from the following**: amaranth, arrowroot, barley, buckwheat, cassava, chickpea, lentil, millet, oats, potato, quinoa, rice, rye, sago, tapioca, and T'eff.
Fruits & Vegetables	All plain fresh, frozen and canned fruits and vegetables and their juices, except soybean.
Calcium Rich	Dark leafy greens, amaranth grain, beans, sesame seeds, blackstrap molasses, broccoli, oranges, fortified juices, many ready-to-eat cereals and enriched rice, oat, potato, hemp or coconut milk.
Proteins	All fresh and frozen "pure" meats (watch out for processed or breaded meats), beans and lentils.
Desserts & Sweets	Homemade desserts made with allowed ingredients, as well as honey, molasses, jellies, hard candies, milk-and soy-free chocolate, ice cream made from rice milk or coconut milk and commercially prepared products free of wheat, milk, egg, soy or nuts.
Fats & Oils	Dairy free margarine; vegetable oils such as olive, corn, canola, sunflower and safflower; meat drippings and lard and tahinni paste.
Spices & Seasonings	All pure fresh and dried herbs and spices.

Foods to Avoid	
Beverages	Milk, soy milk (Watch out for powdered drink mixes w/ milk or soy.)
Grains & Starches	Wheat and wheat products: bulgur, couscous, durum, farina, graham flour, hydrolyzed wheat protein, Kamut, malt made from wheat, matzah, seitan, semolina, spelt, sprouted wheat, triticale, wheat berries and wheat germ oil.
Fruits & Vegetables	Soy and creamed or breaded vegetables.
Calcium Rich	Cow milk, goat milk, nut milks, soy milk, cheese, yogurt, instant breakfast drinks.
Proteins	Egg, dairy products, tree nuts and their butters, peanuts and peanut butter, soy products such as tofu, fish and shellfish, whey and soy protein powders.
Desserts & Sweets	Milk chocolate, custards, puddings, ice cream, most commercially prepared cakes, cookies and muffins.
Fats & Oils	Most gravies, butter, margarine made with milk or expeller pressed soy oil; cream; half and half; whip cream; cream cheese; cold pressed, expeller pressed or extruded nut or soy oils and fried or grilled foods at restaurants (due to cross-contamination).
Spices & Seasonings	Spice blends with added whey and most commercially prepared sauces and dressings.