

## 6-Food Elimination Diet

### Foods to Eat and Avoid

FOODS ALLOWED	
<b>Beverages</b>	Juice, soda, sports drinks, coffee, tea and rice, oat, potato, hemp or coconut milk.
<b>Grains &amp; Starches</b>	Breads, crackers, flours, pasta and cereal <b>made from the following</b> : amaranth, arrowroot, barley, buckwheat, cassava, chickpea, lentil, millet, oats, potato, quinoa, rice, rye, sago, tapioca, and T'eff.
<b>Fruits &amp; Vegetables</b>	All plain fresh, frozen and canned fruits and vegetables and their juices, except soybean.
<b>Calcium Rich</b>	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.
<b>Proteins</b>	All fresh and frozen "pure" meats (watch out for processed or breaded meats), beans and lentils.
<b>Desserts &amp; Sweets</b>	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.
<b>Fats &amp; Oils</b>	Dairy free margarine; vegetable oils such as olive, corn, canola, sunflower and safflower; meat drippings and lard and tahinni paste.
<b>Spices &amp; Seasonings</b>	All pure fresh and dried herbs and spices.
FOODS TO AVOID	
<b>Beverages</b>	Milk, soy milk. (Watch out for powdered drink mixes with milk or soy.)
<b>Grains &amp; Starches</b>	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.
<b>Fruits &amp; Vegetables</b>	Soy and creamed or breaded vegetables.
<b>Calcium Rich</b>	Cow milk, goat milk, nut milks, soy milk, cheese, yogurt, instant breakfast drinks.
<b>Proteins</b>	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
<b>Desserts &amp; Sweets</b>	Milk chocolate, custards, puddings, ice cream, most commercially prepared cakes, cookies and muffins.

<b>Fats &amp; Oils</b>	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).
<b>Spices &amp; Seasonings</b>	Spice blends with added whey and most commercially prepared sauces and dressings.