



Patient Guide: Elimination Diet - Foods to Eliminate

Below is the list of foods to avoid for the next 30 days. We typically choose 30 days because it is a practical time frame that most everyone can achieve, while also being **long enough to allow antibodies to decrease to a level that provides a noticeable change in symptoms.**

GLUTEN (Grains including Wheat, Barley, Rye, and Oats*)

| ✗ REMOVE | + REPLACE |
|--|---|
| Breads, pastas, crackers, baked goods – anything made with wheat flour. Soy sauce and many vegan/vegetarian meat-replacement products have wheat products in the ingredients. | Rice, quinoa, and millet, or other gluten-free labeled grain products *Oats are naturally gluten free but can be contaminated in process. Look for gluten-free labeled oats. |

DAIRY (Cow's milk products)

| ✗ REMOVE | + REPLACE |
|----------------------|--|
| Milk, yogurt, cheese | Goat's milk or other alternative dairy milks, yogurts, cheeses |

SOY

| ✗ REMOVE | + REPLACE |
|--|------------------------------------|
| Tofu, tempeh, edamame, and soy milk products | Nut milk products (Almond, Cashew) |

EGGS



| ✗ REMOVE | + REPLACE |
|--|---|
| Eggs in all forms, both alone and if used in baked goods | For baking, egg replacers (pre-packaged be sure vegan, GF, soy-free) or try applesauce, ripe banana, or flaxseed meal |

PEANUTS



| ✗ REMOVE | + REPLACE |
|---|--|
| Plain peanuts, peanut butter, mixed nuts with peanuts | Other nuts such as almonds, cashews, walnuts |

Disclaimer: Information provided is for general informational purposes only and is not a substitute for professional medical advice, nor does it establish a doctor-patient relationship. Always seek the advice of your qualified health provider. We assume no responsibility for errors or omissions in the content.



CORN

| | |
|--|---|
|  REMOVE |  REPLACE |
| All forms of corn | Other vegetables of all colors |



PORK

| | |
|--|---|
|  REMOVE |  REPLACE |
| Ham, bacon, etc. | Fish, chicken, turkey, or plant-based proteins. |



BEEF

| | |
|--|---|
|  REMOVE |  REPLACE |
| Ground beef, hamburger, steak, etc. | Fish, chicken, turkey, or plant-based proteins. |



SHELLFISH

| | |
|--|---|
|  REMOVE |  REPLACE |
| Shrimp, clams, oysters, etc. | Fish, chicken, turkey, or plant-based proteins. |

CAFFEINE (Coffee, Tea, Chocolate)

| | |
|--|---|
|  REMOVE |  REPLACE |
| Eliminate all forms of caffeine and caffeine beverages | Focus on caffeine-free beverages |

SUGAR

| | |
|---|---|
|  REMOVE |  REPLACE |
| All refined sources of sweetener including table sugar, brown sugar, coconut sugar, honey, maple syrup, agave syrup | Use unrefined and natural non-caloric sweeteners such as stevia and monk fruit sparingly |

NOTE: The above foods are what to avoid for the 30 days, please refer to the Elimination Diet Food Plan handout for more information on what **to** eat while on the elimination diet. It is much easier to put together meal plans and shop with a large list of foods that you **can** eat, as opposed to a small list of foods that you **cannot** eat.