



## Anti-inflammatory Elimination Diet - Detailed List

⊗ **Eliminating:** Corn, Gluten/Wheat, Soy, Eggs, Shellfish, Beef, Processed Meats, Peanuts, Dairy, Alcohol, Coffee, Caffeinated Tea, Chocolate, and Sugar

### VEGETABLES

✓ Below is a list of vegetables you CAN and should eat throughout the Elimination diet:

Artichoke	Celery	Mushrooms (Portobello, Cremini, Chanterelle, Porcini, Oyster)	Rutabaga
Artichokes	Chayote Squash	Okra	Spicy Peppers (Jalapeno, Habanero, etc)
Arugula	Cucumbers	Onions/Shallots/Leeks	Spinach
Asparagus (Green and Purple)	Eggplant	Parsnips	Sprouts of All Kinds (Alfalfa, Broccoli, Mung Bean, Cilantro, Wheatgrass)
Beets	Endive	Peas	Squash (Butternut, Summer, Winter)
Bell Peppers (Red, Green, Yellow)	Garlic	Peas (Sugar Snap/Snow)	Sweet potatoes
Black/Green Olives	Ginger	Potatoes (Red are best but all are allowed)	Tomatoes
Bok Choy	Green Beans	Pumpkin	Turnips
BROCCOLI (including Broccoli Rabe)	Green Onions	Purple Belgian Endive	Watercress
Brussels Sprouts	Jicama	Radichchio	Zucchini
Cabbage (Green and Purple)	Kohlrabi	Red Onions	
Carrots (Orange, Yellow, Purple)	Lettuce	Rhubarb	
Cauliflower	Mushrooms		

⊗ **Eliminate: Corn**

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## FRUITS

✔ Below is a list of fruits you CAN and should eat throughout the Elimination diet:

Apples (Red, Yellow, Green)	Cantaloupe	Honeydew	Pineapples
Apricots	Cherries	Mangoes	Plums/Prunes
Avocados	Cranberries	Nectarines	Pomegranates
Bananas	Dates	Papayas	Raspberries
Black Currants	Dried Fruits (Sulfite free)	Peaches	Strawberries
Blackberries	Grapes (Red, Green, Concord)	Pears (Red, Yellow, Green, Brown)	Watermelon
Blueberries	Green Peas	Persimmons	Yellow Watermelon

✘ Eliminate: Citrus (only if directed)

## GLUTEN FREE GRAINS

✔ Below is a list of grains you CAN and should eat throughout the Elimination diet:

Amaranth	Oats (Steel Cut or Lightly Rolled)
Arrowroot	Quinoa
Buckwheat	Rice (Brown, Wild, Jasmine, Black, Arborio)
Cassava	Tapioca
Crackers (Seed, Nut, Rice, Cassava/Tapioca)	Teff
Millet	

✘ Eliminate: Barley, Corn, and Wheat (including Spelt, Kamut, Faro, Einkorn, Durum, Emmer)



## PROTEINS

✔ Below is a list of proteins you CAN and should eat throughout the Elimination diet:

### Animal Sources:

Lean, Pastured/Grass-Fed/Grass-Finished, Organic/Non-GMO Animal Protein or Wild Caught Low-Mercury Fish Preferred

Fish: Sardines, Salmon, Mackerel, Anchovies, Herring, Tuna (*limit due to mercury*)

Meat: All Wild Game, Buffalo, Lamb, Elk, Venison

Poultry: Chicken, Turkey, etc

### Plant Sources:

Organic/Non-GMO preferred Legumes (*see next page*)

Pea Protein Falafels

Nuts and Seeds (*see below*) Quinoa

### Protein Powders:

Hemp, Pea, and Rice

Collagen - fish/chicken only (*avoid collagen from beef or eggs*)

⊗ **Eliminate: Beef, Pork, Eggs, Whey, Shellfish, Soy** (Tofu, Natto, Tempeh, Miso, Seitan, Textured Vegetable Protein from Soy), and **Processed/Cured Meats** (Bacon, Pepperoni, Chorizo, Salami, Prosciutto, Lunch Meats, Hotdogs/Sausages, Corned Beef, Beef Jerky, and Canned Meats)

## NUTS & SEEDS

✔ Below is a list of nuts and seeds you CAN eat throughout the Elimination diet:

Almonds

Chia Seeds

Peanuts

Pumpkin Seeds

Brazil Nuts

Flax Seeds

Pecans

Sesame Seeds

Cashews

Hazelnuts

Pine Nuts

Sunflower Seeds

Chestnuts

Macadamia Nuts

Pistachios

Walnuts

Nut Butters (*except from Peanuts*)

⊗ **Eliminate: Peanuts, Peanut Butter**

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## LEGUMES

✔ Below is a list of legumes you CAN eat throughout the Elimination diet:

Adzuki Beans	Chickpeas	Kidney Beans	Pasta made from Beans
Black Eyed Peas	Fava Beans	Lentils	Pinto Beans
Cannellini Beans	Hummus	Lima Beans	

✘ **Eliminate: Soy** (Edamame, Tofu, Natto, Tempeh, Miso, Seitan, Textured Vegetable Protein from Soy)

## FATS/OILS

✔ Below is a list of fats and oils you CAN eat throughout the Elimination diet:

Algae Oil	Extra Virgin Olive Oil	Olives	Sunflower oil
Almond Oil	Ghee/Clarified Butter	Omega-3	
Avocado Oil and Avocado	Grapeseed Oil	Pumpkin Oil	
Coconut Oil	Hempseed Oil	Safflower Oil	

✘ **Eliminate: Butter, Vegetable Oils** (Corn, Soybean, Canola), and **Hydrogenated Oils of Any Kind** (Margarine)

## SPICES

✔ Below is a list of spices with special emphasis for the highest anti-inflammatory potency you CAN and should eat throughout the Elimination diet, but all types are good following the above guidelines:

Allspice	Ginger	Rosemary	Thyme
Cinnamon	Oregano	Saffron	Turmeric
Cloves	Peppermint	Sage	

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## FERMENTED FOODS

✔ Below is a list of fermented foods you CAN eat throughout the Elimination diet:

Apple Cider Vinegar	Fermented Goat Milk Cheeses and Yogurts	Kimchi
Fermented Dairy Free Cheeses and Yogurts	Gluten free Sourdough Bread	Sauerkraut

✘ **Eliminate: Sugary Beverages** (Kombucha, Kefir, Kvass), **Fermented Soy Products** (Natto, Miso), **Fermented Cow's Dairy Products**, and **Gluten Containing Sourdough Bread**

## DAIRY ALTERNATIVES

✔ Below is a list of dairy alternatives you CAN eat throughout the Elimination diet, with emphasis on cultured/fermented sources of dairy:

Milk, Yogurt, and Cheeses made from: Almond, Cashew, Flax, Hemp, Macadamia, Oat, Pea, Rice, etc.	Goat Milk and Cheese/Yogurts made from Goat milk
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✘ **Eliminate: Soy Milk** and **All Cow's Milk Dairy** (Milk, Butter, Cheese, Cottage Cheese, Cream, Yogurt, Frozen Yogurt, Ice-Cream, Whey)

## BEVERAGES

✔ Below is a list of beverages you CAN eat throughout the Elimination diet, with emphasis on cultured/fermented sources of dairy:

Smoothies Containing Any of the Above Approved Items	Tea: Green, White, or Oolong ( <i>no caffeine</i> )
Fresh Squeezed Fruit/Vegetable Juices ( <i>careful on sugar content</i> )	Matcha Tea

✘ **Eliminate: Alcohol, Coffee,** and **Sugary beverages** (Commercially Prepared Juices, Soda, Sports Drinks, and Highly Sweetened Tea)

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