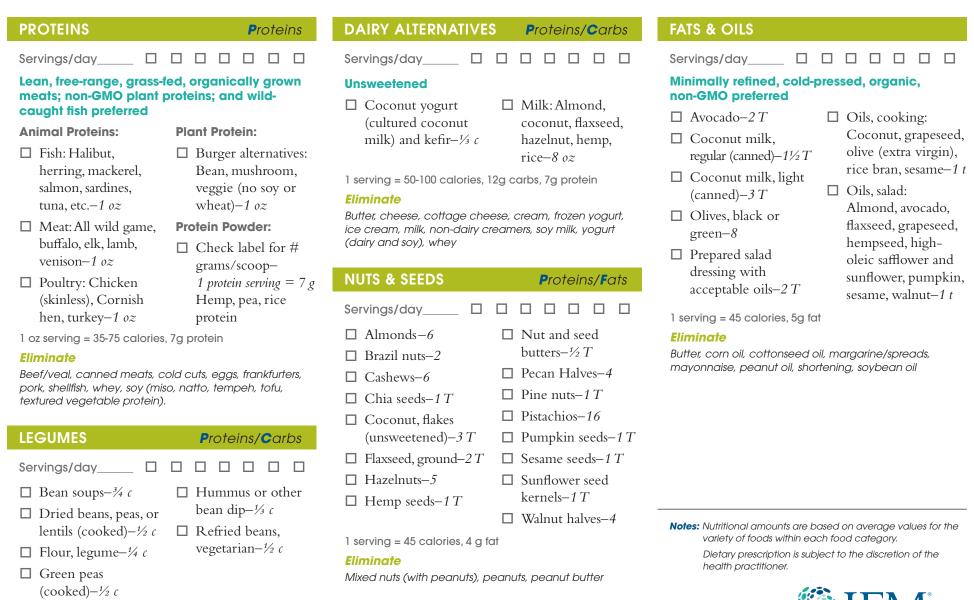


Elimination Diet Food Plan



Eliminate

Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

1 serving = 110 calories, 15g carbs, 7g protein

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| VEGETABLES Non-star | chy C arbs | VEGETABLES Starchy | C arbs | □ Prunes−3 med | \square Raspberries–1 c |
|--|--|--|--|---|---|
| Servings/day | | Servings/day | | \square Raisins–2 T | ☐ Tangerines−2 sm |
| ☐ Artichoke ☐ Arugula | ☐ Jicama ☐ Kohlrabi | ☐ Acorn squash, cubed−1 c ☐ Beets, cubed−1 c | ☐ Potato: Purple, red, sweet, white, yellow—½ med | 1 serving = 60 calories, 15 g carbs Eliminate citrus fruits if directed by your healthcare provider | |
| □ Asparagus □ Bamboo shoots □ Bok choy □ Broccoflower □ Broccoli □ Brussels sprouts □ Cabbage □ Carrots | ☐ Leeks ☐ Lettuce, all ☐ Microgreens ☐ Mushrooms ☐ Okra ☐ Onions ☐ Parsley ☐ Peppers all | □ Butternut squash, cubed−1 c □ Plantain (½ whole)− ⅓ c 1 serving = 80 calories, 15 g | □ Potatoes, mashed (made with non-dairy milk)–½ c □ Root vegetables: Parsnip, rutabaga–½ c □ Yam–½ med carbs | GLUTEN-FREE GRAIN Servings/day □ Amaranth (cooked)-¾ c □ Brown rice cakes-2 □ Buckwheat/Kasha (cooked)-½ c | S Carbs □ □ □ □ □ □ □ Millet (cooked)-½ c □ Oats (cooked), rolled or steel-cut-½ c □ Quinoa (cooked)-½ c |
| ☐ Cauliflower ☐ Celeriac root ☐ Celery | □ Peppers, all□ Radicchio□ Radishes□ Salsa | Eliminate Corn, Potato (if avoiding nig | c arbs | ☐ Crackers (nut, seed, ☐ Rie | ☐ Rice (cooked) $-\frac{1}{3}c$ ☐ Teff (cooked) $-\frac{3}{4}c$ |
| □ Chard/Swiss chard □ Chervil □ Chives □ Cilantro □ Cucumbers | □ Sea vegetables □ Scallions □ Shallots □ Snap peas/snow peas □ Spinach | Servings/day □ Unsweetened, no sugar □ Apple-1 sm □ Applesauce-½ c □ Apricots, fresh-4 | □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ | tapioca-3 T 1 serving = 75-110 calories, 15 g carbs Eliminate Barley, corn, emmer, farro, kamut, rye, spelt, triticale, wheat BEVERAGES | |
| □ Daikon radishes □ Eggplant □ Endive □ Escarole □ Fennel □ Garlic □ Green beans | □ Sprouts, all □ Squash (delicata, pumpkin, spaghetti, yellow, zucchini) □ Tomato □ Tomato juice-¾ c □ Turnips | □ Banana-½ med □ Blackberries-¾ c □ Blueberries-¾ c □ Dried fruit (no sulfites)-2 T □ Figs, fresh-3 □ Grapes-15 | □ Mango-½ sm □ Nectarine-1 sm □ Orange-1 med □ Papaya-1 c □ Peach-1 sm □ Pear-1 sm □ Persimmon-½ | ☐ Filtered water (with lemon or lime juice) ☐ Sparkling/mineral water ☐ Green tea | □ Fresh juiced fruits/vegetables □ Unsweetened nut/seed milks □ Unsweetened coconut water |
| □ Greens (beet, collard, dandelion, kale, mustard,turnip)□ Horseradish | □ Vegetable juice-¾ c □ Vegetables, fermented □ Water chestnuts □ Watercress | ☐ Grapefruit-½ med ☐ Juices, diluted-½ c ☐ Kiwi-1 ☐ Kumquats-4 | ☐ Pineapple—¾ <i>c</i> ☐ Plums—2 <i>sm</i> ☐ Pomegranate seeds —½ <i>c</i> | Notes: Nutritional amounts are based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner. | |

1 serving = $\frac{1}{2}$ c cooked, 1 c raw, 25 calories, 5 g carbs