

Allergy Elimination Diet

Food Guide

Fats

- olive oil
- coconut oil
- coconut butter
- flax oil
- sesame oil
- avocado oil

Fruits

- all, EXCEPT:
 - strawberries
 - kiwi
 - citrus (rare allergy, use your own discretion)
 - dried fruits containing sulfites

Seeds and butters

- flax
- chia
- sesame
- hemp
- pumpkin

Sweeteners

- raw honey
- maple syrup (real)
- agave nectar (real)
- stevia

Vegetables

- all vegetables

Grains and Flours

- gluten-free oats* (must be specifically marked g.f.)
- quinoa*
- millet*
- brown rice*
- black rice
- amaranth*
- sorghum*
- corn*
- tapioca*
- potato*

* comes as grain and flour/starch

Beverages

- water
- green tea and herbal teas (that do not contain other prohibited items)
- unsweet. rice milk
- coconut milk
- coconut water

Meats and Seafood

- all hormone-free meats (organic), EXCEPT:
 - deli meats
 - hot dogs
 - canned meats
- all fish and seafood, EXCEPT:
 - shellfish (if it has a shell, say farewell)

Legumes, Lentils and Nuts

- all legumes, EXCEPT:
 - soy and soy products
- all lentils
- NO NUTS

REMEMBER

Check all prepackaged foods (spices and drinks included) to make sure they do not contain: wheat, gluten, yeast, soy, nuts, dyes, chemical additives, sulfites, sweeteners not listed above, or dairy. Add to this list any other foods you have decided to personally eliminate.