

# Guide to an **ELIMINATION** Diet

## What is an Elimination Diet?

An elimination diet is a short-term eating plan that eliminates specific foods, which may be causing an allergic response and/or digestive issues. This eating plan also reintroduces the foods one at a time in order to determine which foods are, or are not, tolerated well.

## How to do an Elimination Diet ...

- 1) Stop eating all common allergen/sensitive foods from the list below for 3 weeks.
- 2) During this time, read food labels to ensure you are avoiding even trace amounts of these foods. Keep a food journal during the 3 weeks to record how you are feeling. This is very helpful when you start to reintroduce these foods later on.
- 3) After 3 weeks, reintroduce one food group at a time. Eat the suspicious food daily if you can for 1-2 weeks and record your symptoms. Notice any changes in symptoms between the elimination phase and the reintroduction phase.
- 4) If symptoms return after beginning to eat one of the suspicious foods, you can confirm that this food is a trigger by eliminating it once again. The main goal is to see if the symptoms clear up when the food is removed. It should take about 4-6 weeks to pinpoint foods that you may be sensitive or allergic to.

## Foods to Eliminate

Wheat (all gluten grains)  
Dairy  
Soy  
Corn  
Peanuts  
Citrus Fruits  
Hydrogenated Oils  
Added Sugars  
Alcohol  
Caffeine  
Food Colorings/Additives

## Foods to Include

Mineral/Bone Broth  
\*Pastured Raw Dairy  
Fermented Foods  
Coconut Products  
Leafy Greens  
Cruciferous Veggies  
High-Quality Proteins  
Healthy Sources of Fats  
Fresh Fruits  
Herbal & Green Teas  
Probiotics  
\*If tolerated

## How to be Successful

- Reduce pro-inflammatory foods, excess omega-6 fats, damaged fats, refined foods and sugar.
- Avoid excess sodium found in packaged foods. Instead use sea salt for healthy sodium intake.
- Foods should be organic, local, seasonal and hypoallergenic to minimize reactions.