

In order to achieve the therapeutic effects of the Elimination Diet, it is important to know which foods to avoid and which foods are okay to eat. The table below provides a summary.

Table of foods to remove/foods to eat:

| Foods to Avoid | Foods to Eat |
|---|---|
| <ul style="list-style-type: none">■ Alcohol■ Beef■ Chocolate■ Coffee, soft drinks, tea■ Corn | <ul style="list-style-type: none">■ Dairy alternatives■ Fish■ Fruits (only those specifically listed)■ Game meats■ Gluten-free whole grains (amaranth, buckwheat, millet, quinoa, rice, teff, etc.) |
| <ul style="list-style-type: none">■ Dairy products■ Eggs■ Gluten-containing grains (all varieties of barley, rye, spelt, wheat)■ Peanuts■ Pork■ Processed meats■ Shellfish■ Soy and soy products■ Sugar (white sugar, high-fructose corn syrup, brown sugar, sucrose, etc.) | <ul style="list-style-type: none">■ Healthy oils■ Legumes (except soy, peanuts)■ Nuts (except peanuts)■ Poultry■ Seeds■ Vegetables |

