

The elimination diet is designed to omit suspected food intolerances and irritants from your diet for the first 7 to 14 days. Once this is done, it is possible to re-introduce certain suspected food irritants or intolerances one at a time back into the diet, while checking for adverse reactions.

List A. You must eliminate the following foods:

Dairy	Bananas	Tomatoes
Eggs	Seafood	Refined sugar
Soy products	Nuts	Corn
Citrus	Caffeine products	Peanuts
Potatoes	Beef	Wheat

List B. But don't worry! You can still eat these:

Rice	Teff	Sweet potatoes
Cauliflower	Peaches	Rice vinegar
Filtered water	Cranberries	Millet
Broccoli	Yams	Lettuce
Cabbage	Turkey	Sea salt
Apricots	Quinoa	Olive oil
Squash	Spinach	Beets
Cherries	Prunes	

Directions:

- Commit to a six-week elimination diet. However, even if you notice a favorable response within two weeks.
- Eat the hypoallergenic diet for 7-14 days from List B.
- Keep a diet diary and record any symptoms that develop during the period.
- Introduce one food that has been omitted for the last 7-14 days from List 1 and eat it at each meal for 1-2 days. If there is a reaction to the food (see list on next page) discontinue eating that food and wait for the symptoms to clear before introducing the next food. Make sure to document everything!
- If there is no reaction 3 days after introducing the food, you may assume that you are not sensitive to it.
- Re-introduce a second food in the same way, and observe any effects. Continue re-introduction of additional foods until all foods have been checked.

Common reactions to look for when reintroducing foods from List A.

- **Skin reactions:** Itching, burning, hives, red spots, sweating, rash.
- **Ear, Nose, and Throat:** Sneezing, runny nose, sore or dry throat, hoarseness, ringing in the ears, dizziness.
- **Eyes:** Blurring, spots before eyes, watering, pain, twitching, sensitivity to light, redness and swelling of lids.
- **Respiratory:** Wheezing, mucous formation, shortness of breath, tightness of chest, asthma.
- **Cardiovascular:** Pounding heart, increased heart rate, flushing, tingling, faintness.
- **Gastrointestinal:** Increased salivation, canker sores, indigestion, bloating, stomach ache, heartburn, colic, constipation, pain, diarrhea, gas, itching or burning of rectum or anus.
- **Genitourinary:** Frequent, urgent or painful urination, inability to control bladder, itching, discharge, pain, water retention.
- **Musculoskeletal:** Fatigue, weakness, pain, swelling, stiffness of joints, backache.
- **Nervous System:** Headache, migraine, drowsiness, inability to concentrate, depression, irritability, restlessness, hyperactivity, dizziness, numbness, tremors.