

## **Food Elimination Charts**

The hypoallergenic diet is a clinical tool used to diagnose and treat food sensitivity. Any diet when used should pay attention to the individual's need. In practice your doctor often alters these guidelines and according to your condition by check marking different boxes. This is to includes or excludes more food groups.

Below is a list of foods you can *eat*, and the ones to *avoid* during the Elimination Phase. When a food group is a specific known sensitivity for a condition in the chart it is indicated with an asterisk \*. Pay attention to these. As an example if you have migraines or there is a history of allergy to nuts in your family you may be advised to exclude all nuts from the diet during the elimination phase. Another example would be eliminating all grains except brown rice to enhance the detoxification potential of the diet.

These charts are designed to eliminate the majority of commonly known food allergens. When you are following these guidelines, your symptoms should improve significantly. If there are no changes by the end of the sixth week of the Elimination Phase, chances are there may still be some foods that you are sensitive to that have not been eliminated. It could also be that the cause of your symptoms is not a food sensitivity. In either case, you should consult with your doctor, and make the necessary restrictions to the diet and/or follow a different approach to managing and healing your symptoms.

Your doctor may also recommend further supplements in light of your specific symptoms and medical history.

## *Hypoallergenic diet*



Vegetables	
Consume	<ul style="list-style-type: none"><li><input type="checkbox"/> All fresh vegetables* (try to incorporate all vegetables such as asparagus, brussel sprouts, cauliflower, cabbage, celery, carrots, beets, onions,* garlic,* leeks,* green beans, broccoli, leafy greens: spinach, kale, mustard greens, turnip greens, bok choy, watercress, fennel, arugula, Dandelion greens)</li><li><input type="checkbox"/> Sweet potatoes, Yams, Squash, Pumpkin, zucchini (These are very soothing on the GI tract)</li><li><input type="checkbox"/> Sprouts: sunflower sprouts, pea and bean sprouts (Mung bean sprout, specially alfalfa &amp; red clover sprouts as they help with detoxification)</li></ul>
Avoid	<ul style="list-style-type: none"><li><input type="checkbox"/> Tomatoes, corn, mushrooms, green peppers, red pepper, bell peppers, potatoes</li><li><input type="checkbox"/> If ragweed allergy present then eliminate artichokes, iceberg lettuce, sunflower seeds, dandelion, chamomile and chicory.</li></ul>

\*For the purpose of Hypoallergenic Diet, avoid raw vegetables. They are difficult to digest and are suited best to warm climates and in the summer. The exceptions to this rule are fresh herbs, vegetable juices, sprouts, and tender vegetables such as lettuce, leafy herbs, and peeled cucumbers. Otherwise, consume your vegetables steamed, baked, or stir-fried in water and olive oil or coconut oil. Including some salt with fresh vegetables, is a good idea for electrolyte balance, especially when drinking juice, and most importantly in the colder climates.



\*In some individuals with respiratory problems Onions, Garlic and Leeks can be the culprit of symptoms. These are all from the Liliaceae (or lily family), and include Green onions.



Fruits	
Consume	<ul style="list-style-type: none"><li><input type="checkbox"/> *All fresh/frozen fruits (see exceptions below)</li><li><input type="checkbox"/> All berries fresh or frozen (exceptions below)</li><li><input type="checkbox"/> All jams and fruit sauces of allowed fruits (with no sugars or preservatives added)</li><li><input type="checkbox"/> Pear*, Raspberry*, Blackberry*</li></ul>
Avoid	<ul style="list-style-type: none"><li><input type="checkbox"/> Bananas</li><li><input type="checkbox"/> Citrus* (oranges, grapefruit, and any citric acid containing beverage; exception small amount of fresh lime or lemon)</li><li><input type="checkbox"/> Kiwi</li><li><input type="checkbox"/> Melons</li><li><input type="checkbox"/> Strawberries</li><li><input type="checkbox"/> Peaches and apricots</li><li><input type="checkbox"/> Apples</li><li><input type="checkbox"/> Dried fruits (does not include dates, organic-sulfite free raisins, dried figs, or unsweetened dried sulfite free cranberries which are okay)</li></ul>

*Hypoallergenic diet*

\*Avoid eating fresh or frozen fruits for half hour before meal and for two hours after meals. They slow the digestion process. The exception to this rule is cooked fruits and fruit sauces, and small amount of berries.

\* Pears, raspberry, and blackberry, are the least allergenic of the rosaceae (rose family). This family includes strawberries, peaches, apples, cheries and many other pitted fruits. In the cases of skin conditions or seasonal allergies they also need to be avoided.

\*Small amounts of fresh lemon/lime juice may be allowed unless acid reflux is one of the symptoms.



Grains and Cereals	
Consume	<input type="checkbox"/> All varieties of rice*, buckwheat, quinoa, teff, amaranth, and all their Pasta, cereals, and sugar free pastry made from these grains
Avoid	<input type="checkbox"/> All gluten-containing grains (wheat, spelt, rye, oats, barley) and breads, pasta & other products from flour of these grains

\*All varieties of rice contains phytic acid. The acid that helps with detoxifying the tissues in the body. This is great for the purpose of the Hypoallergenic Diet (see recipe

section for rice). But when brown rice, or rice is going to be used as the main grain in the diet for the long term, then it is best to remove the phytic acid since too much phytic acid can remove beneficial minerals from the body.

Soaking the brown rice in water over night can help remove the phytic acid content. Another method is a five minuet pre-boil in abundant water followed be a rinse before cooking the rice.

Legumes and Lentils	
Consume	<input type="checkbox"/> All lentils ( including mung beans* fresh/frozen/dried) <input type="checkbox"/> Black beans*, pinto beans* <input type="checkbox"/> All peas (fresh/frozen/dried)
Avoid	<input type="checkbox"/> All other beans <input type="checkbox"/> Soy beans & soy products (tofu, soy milk, soy sauce, miso, tempeh, TVP)

\*Mung beans actually belong to the lentils family.

\*In Irritable bowel disease (Crohn's and Colitis) and in Irritable bowel syndrome it is necessary to avoid and challenge black and pinto, as well as other legumes.

\*In the preparation of all beans it is necessary to use abundant amounts of water for a pre-soak, or a quick first boil, and drain before cooking. In the case of lentils the same is recommended, but not necessary.

\*In preparation of lentils the following spices: cumin, fennel, mint, turmeric, or ginger. These herbs and spices help with the digestion of proteins found in legumes and help prevent symptoms of abdominal bloating and gas that commonly occurs after bean consumption. Another option is drinking a tea made from equal parts of ginger (2 cm fresh sliced), fennel (1/2 Tsp), and cumin (1/2 Tsp) before or after legume dishes. If using canned beans, be sure to rinse with cold water several times before using. Cans of lentils and beans that are additive free and only have salt and water can also be used in moderation. They also require to be rinsed before using in recipes.

*Hypoallergenic diet*



Nuts and seeds	
Consume	<div><input type="checkbox"/> Raw almonds*, walnuts* Pine nuts*</div> <div><input type="checkbox"/> Sesame seeds, pumpkin seeds, sunflower seeds, hemp seed</div>
Avoid	<div><input type="checkbox"/> Peanuts, pistachios, cashews, brazil nuts, hazelnuts, pecans</div> <div><input type="checkbox"/> Any nuts or seeds that are salted or flavored</div>

\* If you have a family history of allergy to nuts and in case of Migraines avoid and challenge all nuts.  
It is best to buy the nuts in shells, as the shells keep them preserved. Air makes their oils go rancid.  
Presoaking nuts can help make them tender and will help in removing the skin.



Animal products	
Consume	<ul style="list-style-type: none"><li><input type="checkbox"/> Organic poultry* (Free-range chicken*, quail, and turkey (if not free-range then organic)</li><li><input type="checkbox"/> Wild game*, Lamb*</li><li><input type="checkbox"/> Wild Fish of any kind (except Shark, Swordfish, King mackerel, and Tilefish)</li><li><input type="checkbox"/> Farmed organic fish</li></ul>
Avoid	<ul style="list-style-type: none"><li><input type="checkbox"/> Red meats (beef, pork, bacon), processed meats (hotdogs, salami, wieners, sausage, canned meats, smoked meats) as these all contain flour, additives, coloring, and/or preservatives</li><li><input type="checkbox"/> Dairy (milk, cream, sour cream, cheese, butter, yogurt)</li><li><input type="checkbox"/> Eggs</li><li><input type="checkbox"/> Sea food: Shell-fish, Shrimp, Lobster, Scallops, Crab</li><li><input type="checkbox"/> Catfish, Shark, Swordfish, King mackerel, and Tilefish</li><li><input type="checkbox"/> Farmed Inorganic Fish</li></ul>

\*Most commercially available poultry have chemicals injected when farmed or added to their food stock. Their products are basted with milk, corn starch and tenderizers. Avoid them and buy only fresh turkey. The label will usually state if a fresh turkey has not been treated.

\* Wild game and Lamb, should be avoided in Irritable Bowel Disease (Crohn's and Colitis) and in Irritable bowel syndrome. It is necessary to avoid and challenge.

## *Hypoallergenic diet*

Oils	
Consume	<ul style="list-style-type: none"><li><input type="checkbox"/> Virgin olive oil, cold or with low heat cooking</li><li><input type="checkbox"/> Coconut oil for high heat cooking</li><li><input type="checkbox"/> Cold pressed sunflower oil, sesame oil, and flax oil for dressing and no heat recipes</li></ul>
Avoid	<ul style="list-style-type: none"><li><input type="checkbox"/> All other oils</li><li><input type="checkbox"/> Refined oils, margarine, shortening</li></ul>

Adding small amounts of water to the oils, when stir-frying, will keep the temperature low and you can avoid creating toxic chemicals that are produced when the oils are overheated.



Condiments:	
Consume	<ul style="list-style-type: none"><li><input type="checkbox"/> Sea salt</li><li><input type="checkbox"/> All herbs (e.g. parsley, coriander, watercress, dill, basil, thyme, oregano, garlic, ginger)</li><li><input type="checkbox"/> Most spices (e.g. turmeric, cumin, fennel, cinnamon, black pepper)</li><li><input type="checkbox"/> Spreads: nut/seed butters (e.g. almond, sesame (tahini), sunflower), bean dips (e.g. hummus)</li><li><input type="checkbox"/> Sauces: pesto, mustard with no additives</li><li><input type="checkbox"/> Sauerkraut, and other fermented cabbage.</li><li><input type="checkbox"/> Any fermented vegetables</li><li><input type="checkbox"/> Apple cider vinegar</li><li><input type="checkbox"/> Sweeteners: stevia (whole plant, unprocessed) and unpasteurized honey in moderation</li></ul>
Avoid	<ul style="list-style-type: none"><li><input type="checkbox"/> Regular table salt (table salt is not necessarily a food allergen, it just does not have the added minerals and benefits of sea salt)</li><li><input type="checkbox"/> Avoid peppers from the nightshade family (cayenne pepper, red pepper, paprika, jalapeno, curry mix (contains red pepper in the mix))</li><li><input type="checkbox"/> All sweeteners (corn/ brown rice/ maple syrups, molasses, brown/ white sugar, glucose, maltose, maltodextrin, maltodextrose, etc.) This includes desserts and all processed foods high in sugars</li><li><input type="checkbox"/> MSG</li><li><input type="checkbox"/> All food additives, preservatives, and coloring</li></ul>

## *Hypoallergenic diet*

Use turmeric, cumin, fennel, and other aromatic spices abundantly. Turmeric specifically has many anti-inflammatory qualities and can help reduce allergic responses. Cumin and fennel improve digestion of proteins and fat.

Drinks	
Consume	<ul style="list-style-type: none"><li><input type="checkbox"/> Filtered water or spring water, 6-8 glasses/day</li><li><input type="checkbox"/> 100% fresh fruit &amp; fresh vegetable juices</li><li><input type="checkbox"/> Herbal teas: rooibos tea, peppermint, nettle leaf tea, chamomile, licorice root, passion flower, dandelion, borage tea, milk thistle, and any other herbal tea.</li><li><input type="checkbox"/> Green tea</li><li><input type="checkbox"/> Rice milk (unsweetened)</li><li><input type="checkbox"/> Almond milk (unsweetened)</li></ul>
Avoid	<ul style="list-style-type: none"><li><input type="checkbox"/> Caffeinated beverages (coffee, black tea, soda) (green tea is an exception)</li><li><input type="checkbox"/> Alcohol</li><li><input type="checkbox"/> Dairy (milk &amp; other dairy products)</li><li><input type="checkbox"/> Soy milk</li><li><input type="checkbox"/> All fruit drinks high in refined sugar and added sugar</li><li><input type="checkbox"/> All vegetable drinks high in salt</li></ul>



The following is a list of foods with less allergenic potential. These may infrequently cause allergies and sensitivities and have not been listed on the avoided lists. They are only listed for your information. You may want to investigate these if the initial elimination phase provides no relief of symptoms.

- ☐ Bean family (black beans, pinto beans)
- ☐ Pea family (Lentils, garbanzos, alfalfa, and bean sprouts, guar gum, and licorice)
- ☐ Lily family (Asparagus, chives, garlic, leeks, onions)
- ☐ Sunflower family (Artichoke, lettuce, sunflower seeds/oil)
- ☐ Carrot family (Celery, carrots, parsnip, anise, caraway, fennel)
- ☐ Laurel family (Avocado, bay leaf, camphor, cinnamon, sassafras)
- ☐ Rose family (Raspberry, blackberry, pears)
- ☐ Tree nuts (Walnuts, almonds, pine nuts)

*\*If you need to avoid any of these, eliminate them from recipe that include them or use a substitute when indicated.*