



Healing Alternatives

Providing Pathways to Wellness

Modified Elimination Diet		
Food Group	Allowed (*these foods may not be tolerated by some individuals)	Avoid
Meat, Poultry, Fish Legumes	Chicken, turkey, lamb, eggs*, all legumes, dried peas and lentils, cold water fish such as salmon, halibut and mackerel (avoid farm raised fish)	Red meats, cold cuts, frankfurter, sausage, canned meats
Dairy Products	Unsweetened live-cultured yogurt*, milk substitutes such as rice milk, almond milk or hemp milk	Milk, cheese, Ice cream, non-dairy creamers
Starch	White or sweet potato, rice, tapioca, buckwheat and gluten free products	All gluten containing products (e.g. Gluten containing pasta)
Soups	Clear, vegetable based broth, homemade vegetarian soups	Canned or cream soups
Vegetables	All vegetables, preferably fresh, frozen or freshly juiced	Creamed or in casseroles
Beverages	Unsweetened fruit or vegetable juices, water, herbal tea	Milk, Coffee, tea, cocoa, alcoholic beverages, soda, sweetened beverages, citrus
Breads, Cereals	Any made from rice, buckwheat, millet, potato, tapioca, quinoa, arrowroot or gluten free flour based products	All made from wheat, corn, soy, oat, spelt, kamut, rye, barley, amaranth, gluten containing foods
Fruits	Fresh, unsweetened frozen and/or canned fruits	Fruit drinks, ades, citrus, strawberries, or dried fruit
Fats, Oils, Nuts	Oils - cold-pressed, unrefined, canola, flax, olive or sunflower Butters - ghee, sunflower, flax, pumpkin, squash seed Salad Dressings - made from allowed ingredients Nuts - almonds, cashews, pecans, walnuts (unroasted)	Margarine, shortening, unclarified butter, refined oils, peanuts, salad dressings and spreads

Note: It is important to eat as much organic food as possible to help reduce your toxic load of chemicals and pesticides!!