



Food Allergies: The Elimination Diet

The elimination diet allows the digestive system to have a break from irritating foods or food components. The immune system gets rest and becomes less reactive. The list of foods and food products to avoid or include in the diet depends on the individual. It can be started with eliminating the processed and commercial foods and replacing them with whole, organic, and unprocessed foods. Care must be taken not to deprive the individual by avoiding too many foods at once and by allowing enough time to explore the connection between specific foods or combination of foods, the amount and frequency

of eating them, the circumstances around meal times, and the appearance of the symptoms.

The elimination diet is built around hypoallergenic foods that an individual can eat and digest well. Nutrition consultants and natural chefs can help customize and build the food plans with S.O.U.L foods (seasonal, organic, unprocessed, and local). The elimination diet lasts 1-16 weeks, then one type of food is reintroduced at a time and the client records any reaction to that food within 72 hours. Examples of hypoallergenic foods include:

| FOODS TO CONSUME | FOODS TO AVOID |
|---|--|
| ANIMAL PROTEINS | |
| <ul style="list-style-type: none"> Organic, pasture-raised meat: lamb, chicken, turkey, wild game Wild fish: salmon, mackerel, sardines, cod, sole | <ul style="list-style-type: none"> Commercially grown and processed meat and/or meat with additives Farm-raised fish and shellfish Commercial dairy products with additives Commercial eggs and egg products |
| PLANT PROTEINS | |
| <ul style="list-style-type: none"> Legumes and beans: organic, fresh, dried, soaked, sprouted, canned (BPA free) | <ul style="list-style-type: none"> Commercial soy and soy products (soy sauce, soy oil, soy milk, soy protein isolates) Peanuts |
| NUTS + SEEDS | |
| <ul style="list-style-type: none"> Organic, raw or toasted, unsalted, soaked or sprouted, butters | <ul style="list-style-type: none"> Peanuts; salted, roasted or sweetened nuts or seeds Tree nuts—depending on individual sensitivity |
| OILS | |
| <ul style="list-style-type: none"> Organic, extra-virgin, cold-pressed, unfiltered, and unrefined olive oil, coconut oil, flaxseed oil, sesame oil, ghee, palm oil | <ul style="list-style-type: none"> Commercial oils: refined, hydrogenated oils like corn, canola, sunflower, safflower, soy, vegetable shortening, margarine, butter substitutes |

FOOD ALLERGIES: THE ELIMINATION DIET

| FOODS TO CONSUME | FOODS TO AVOID |
|---|---|
| VEGETABLES | |
| <ul style="list-style-type: none"> • Leafy: kale, bok choy, mustard greens, arugula, sprouts, etc. • Crunchy: carrots, celery, cucumber, broccoli, cauliflower, asparagus, etc. • Starchy: yams, sweet potatoes, squash, etc. • Fermented: sauerkraut | <ul style="list-style-type: none"> • Corn, corn starch, high fructose corn syrup • Nightshade family (if the person is sensitive): tomatoes, peppers, potatoes, eggplant |
| FRUIT | |
| <ul style="list-style-type: none"> • Fresh or frozen, seasonal, local, organic fruits and berries | <ul style="list-style-type: none"> • Citrus, strawberries (if the person is sensitive) • Sulfured dried fruits with added sugar |
| WHOLE GRAINS | |
| <ul style="list-style-type: none"> • Unprocessed, organic, gluten free, soaked/sprouted brown and wild rice, amaranth, quinoa, millet, buckwheat | <ul style="list-style-type: none"> • White flour, wheat, commercial foods containing added wheat and/or gluten, pastries, confections |
| BOOSTER FOODS | |
| <ul style="list-style-type: none"> • Herbs and spices: organic, fresh or dried, non-irradiated, free from additives and preservatives; sea vegetables and algae | <ul style="list-style-type: none"> • Depends on individual sensitivity |
| SWEETENERS | |
| <ul style="list-style-type: none"> • 100% pure organic maple syrup, fresh fruit juices, organic unsulfured dried fruits (no added sugar), organic raw honey | <ul style="list-style-type: none"> • White sugar, agave syrup, commercial honey, high fructose corn syrup • Artificial sweeteners: aspartame (NutraSweet®, Equal®), Sucralose (Splenda®), saccharin (Sweet-n-Low®), acesulfame potassium, neotame, tagatose, others |
| BEVERAGES | |
| <ul style="list-style-type: none"> • Filtered water, mineral water, herbal and green tea, freshly squeezed vegetable and fruit juices and smoothies, vegetable soups, nut milks, vegetable and/or bone broths | <ul style="list-style-type: none"> • Commercial beverages: diet soda, energy and sports beverages, packaged vegetable and fruit juices, commercial coffee and teas |