









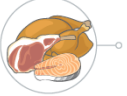













HOW TO DO AN ELIMINATION DIET

Cutting out certain foods for awhile can help you detect dietary sensitivities you weren't aware of. Use this chart as a guide for your elimination diet, which should last three to four weeks.

FOODS TO EAT			FOODS TO ELIMINATE	
	Almost all fresh fruit	FRUITS	Citrus fruits	
	Almost all fresh raw, steamed, sautéed, or roasted vegetables	VEGETABLES	Tomatoes, eggplant, white potatoes	
	Rice*, buckwheat*	STARCH	Wheat, corn, barley, spelt, kamut, rye, oats, all gluten-containing products	
		LEGUMES	Soybeans, tofu, tempeh, soy milk, all beans, peas, lentils	
		NUTS AND SEEDS	All nuts and seeds	
	Fish, turkey, lamb, wild game	MEAT AND FISH	Beef, chicken, pork, eggs, cold cuts, bacon, hotdogs, canned meat, sausage, shellfish, meat substitutes made from soy	
	Unsweetened rice milk*, coconut milk	DAIRY PRODUCTS AND MILK SUBSTITUTES	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers	
	Cold-exPELLER pressed olive oil, flaxseed oil, coconut oil	FATS	Margarine, butter, processed and hydrogenated oils, mayonnaise, spreads	
	Drink plenty of fresh water, herbal teas (e.g. rooibos, peppermint, etc.)	BEVERAGES	Alcohol, caffeine (coffee, black tea, green tea, soda)	
	Sea salt, fresh pepper, fresh herbs and spices (i.e. garlic, cumin, dill, ginger, oregano, parsley, rosemary, thyme, turmeric)	SPICES AND CONDIMENTS	Chocolate, ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, vinegar	
	Stevia (if needed)	SWEETENERS	White or brown sugar, honey, maple syrup, corn syrup, high fructose corn syrup, desserts	

*May also be removed if you suspect specific sensitivity to grains.



ALSO CONSIDER ELIMINATING ANY FOODS YOU EAT VERY FREQUENTLY. CONSTANT EXPOSURE CAN ACTUALLY CAUSE YOU TO DEVELOP A SENSITIVITY.

HELPING YOUR CHILD WITH AN ELIMINATION DIET? FOR KIDS, THE PROCESS SHOULD ONLY LAST SEVEN TO 10 DAYS.

