

Elimination Diet Food Lists

PROTEIN

Animal Proteins:

- Fish: salmon, halibut, herring, mackerel, sardines, etc.
- Meat: all wild game, buffalo/ bison, elk, lamb, venison
- Poultry: chicken, Cornish hen, turkey

Plant Proteins:

- Spirulina
- Plant based protein powder: hemp, pea

Eliminate

beef/ veal, eggs, pork, shellfish, whey, soy, cold cuts, hot dogs

LEGUMES

- beans
- lentils
- peas
- hummus/ bean dip
- legume flour

Eliminate

soybean products (edemame, miso, soy sauce, tamari, tempeh, tofu, TVP, etc.)

DAIRY ALTERNATIVES

- Milk: almond, coconut, flaxseed, hemp (unsweetened)
- Yogurt: coconut, almond, cashew (unsweetened)
- coconut kefir (unsweetened)

Eliminate

butter, all cheese, cream, frozen yogurt, ice cream, milk non- dairy creamers, soy milk, yogurt (soy and dairy), whey

NUTS & SEEDS

- almonds
- brazil nuts
- cashews
- chia seeds
- coconut
- flax seeds
- hazelnuts
- hemp seeds
- pecans
- pine nuts
- pistachios
- pumpkin seeds
- sunflower seeds
- walnuts

Eliminate

peanuts, peanut butter

FATS & OILS

- avocado
- olives
- coconut milk
- coconut shreds (unsweetened)
- ghee
- oils, cooking: avocado, coconut, olive (low heat)
- oils, cold prep: almond, flaxseed, sesame, walnut, hempseed, olive

Eliminate

butter, corn oil, cottonseed oil, margarine, mayonnaise, peanut oil, shortening, soybean oil

NOTE

Whenever possible, select free range, grass fed, organically grown animal protein, non- GMO, organic plant protein, wild- caught, low mercury fish and organic legumes, oil, and produce. For a list of prioritized organic produce, refer to the Dirty Dozen.

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NON STARCHY VEGETABLES

- artichoke
- asparagus
- beets
- bok choy
- broccoli
- Brussels sprouts
- cabbage
- carrots
- cauliflower
- celeriac root
- celery
- endive
- fermented vegetables: kimchi, pickles, sauerkraut, etc.
- garlic
- green beans
- Greens: arugula, collard, swiss chard, kale, spinach, mustard, etc.
- jicama
- kohlrabi
- leeks
- lettuce, all
- microgreens
- mushrooms
- okra
- onions
- raddichio
- radishes
- Herbs: chives, cilantro, parsley, basil, oregano, dill, thyme, etc.)
- sea vegetables
- snap peas
- sprouts, all
- Squash: delicata, spaghetti, zucchini, yellow, etc.
- turnips
- water chestnuts

Eliminate

nightshade vegetables (tomatoes, potatoes, eggplant, peppers)

STARCHY VEGETABLES

- acorn squash
- butternut squash
- plaintain
- Root vegetables: parsnips, rutabega, etc.
- yam

Eliminate

corn, potatoes

FRUITS

- apple
- apricot
- banana
- blackberries
- blueberries
- figs
- grapes
- grapefruit
- kiwi
- lemon, lime
- melon, all
- mango
- nectarine
- orange
- papaya
- pear
- plum
- persimmon
- raspberries
- strawberries

Eliminate

dried fruit

GRAIN ALTERNATIVES

- Crackers: made from nuts, seeds
- Flours for baking: coconut, almond, arrowroot, tapioca
- cassava

Eliminate

all grains including gluten containing grains (wheat, barely, rye) and gluten free grains (oats, quinoa, rice, millet, teff, buckwheat, etc.)

OTHER beverages, spices, condiments

- Beverages: filtered water, sparkling water, herbal tea
- Spices: herbs, spices (except ones eliminated)
- Condiments: mustard, vinegars

Eliminate

alcohol, caffeine, nightshade spices (chilli powder, red pepper, paprika, curry, cayenne)

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RESOURCES FOR SUCESS



Private FB Support Group

search: "Autoimmune Support Group
(Caplan Health Institute)



Free 15 minute Discovery Consultation

Speak to a member of our clinical team to determine
if you would be a good fit for care with us

visit: <http://caplanhealthinstitute.com/consultation>

We look forward to supporting your health journey!