

CAPLAN HEALTH INSTITUTE

Preparing for a Successful Elimination Diet

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#EliminationDietChallenge

What is your WHY?

What are YOUR health goals?

What will reaching these goals allow you to do?

RECAP: What is the Elimination Diet?

Short term diet used as a tool to identify hidden food triggers.



Other Benefits:

- nutrient density
- anti inflammatory
- blood sugar balance
- detoxification

RECAP: What is the Elimination Diet?

Consists of 2 phases:

Phase 1:

ELIMINATION

3- 4+ weeks

Phase 2:

REINTRODUCTION

Varies.
However long it takes :)

Let's review the document!

Objectives:

1. Get started!!!
2. Share your meals and recipes in the group!
3. Have fun with it :)





See you next time!