

ELIMINATION DIET

Your clinician suspects that additional food sensitivities may be preventing you from feeling better, and would like you to perform a short-term elimination diet to see if this is the case.

However, as we see so many people harmed by aggressive elimination diets, we want to emphasize that this is a short-term trial. Remember, our goal is to help you find the broadest diet that will reduce your symptoms. As your gut heals, you may be able to eat foods that previously bothered you. Even if you identify problematic foods in this process, we will ask you to re-test them later when your symptoms have improved.

How long does this trial last?

- 4 weeks total. For the first 2 weeks, you will remove certain foods that can trigger symptoms in certain people. In the next 2 weeks, you will reintroduce these foods back into your diet.

How does this work?

1. Continue the diet you were previously recommended
2. Avoid the following completely for two weeks: **eggs, nuts & seeds, and nightshades.**
3. Then, one at a time, reintroduce the above foods

What can I eat?

- Below you'll find tips on how to build a meal while staying within the elimination diet. Aim for unprocessed, fresh, colorful foods on your plate, whenever possible. The individual foods listed below are simply examples. Feel free to expand beyond this list.

What are nightshades?

- Nightshades are a family of foods and spices that contain chemical compounds called alkaloids. While nightshades are normally excellent sources of nutrition and are not inherently inflammatory, some patients respond poorly to them.
- Sweet potatoes/yams are NOT nightshades! Feel free to eat freely. 😊

Nightshades

- White potatoes
- Tomatoes, tomatillos
- Eggplant
- Peppers: Bell, chili, jalapeno
- Spices: paprika, cayenne, chili powder, crushed red pepper

How do I go about reintroducing foods?

- Reintroduce foods in any order you like. Simply try foods one at a time, about 2-3 days apart. Eat enough of the food so you understand if you have a reaction or not. If you do happen to react, then wait for symptoms to clear before trying another food.

What does a reaction look like?

A typical reaction is a noticeable flare in brain fog, headache, joint or muscle pain, itching, fatigue, or a rash. Some people may see their GI symptoms increase like nausea, loose stools, or bloating. If you are unsure if you've had a reaction to a food, then it is likely insignificant and you can continue to eat that food

What do I do if I react to a food?

- Simply hold off on that food for the time being, and remember that the healthier your body and gut becomes, the more likely you will be able to eat this food in the future. 😊💪

1. Build your base → start with protein

- Aim for 25-30g per protein with each serving
- All proteins except for eggs are OK to eat!
 - Be careful: Eggs are often found in pre-made products including: gluten-free breads, meatballs, mayonnaise, pancakes/waffles, chips/crackers, other baked goods
 - Please avoid chicken eggs, duck eggs, and goose eggs

Proteins

Canned oysters/sardines
Salmon
Tuna
Shrimp

Cod/Tilapia/Halibut
Grass-fed beef
Chicken

Turkey
Lamb
Tofu/Seitan/Tempeh
(if vegan/vegetarian)

2. Add colorful veggies or fruits

*If previously on low FODMAP, continue to avoid HIGH fodmap fruits & veggies unless your clinician tells you otherwise

Veggies

Dark leafy greens: kale, arugula, spinach, bok choy, Swiss chard, collard greens, mustard greens

Root vegetables: carrots, parsnip, sweet potato, beets, daikon, kohlrabi, radish, ginger, garlic, onion, cassava

Squashes: winter, delicata, butternut, acorn, spaghetti, pumpkin, yellow squash, zucchini

Asparagus
Celery
Cucumbers
Broccoli
Cabbage
Brussels sprouts
Cauliflower

Fruits

Kiwi
Blackberries
Blueberries
Raspberries
Banana
Orange

Strawberries
Pineapple
Mango
Apple
Lemon/Lime

3. Top with appropriate amount of fat

Healthy Fats:

Avocado
Hummus

Olive oil
Avocado oil

4. Add appropriate portions of dairy, grains, legumes (if tolerated)

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Wild, white or brown rice
Soba noodles
Quinoa

Whole grain pasta
Red or green lentils
Black beans

Pinto beans
Garbanzo beans
Edamame

5. Add organ meats (if desired)

Tip: Look for “Ancestral Blends” at the grocery store. Two great companies are **Force of Nature** or **Grassland Beef**

Beef/Lamb liver
Beef kidney
Beef heart

Cow tongue
Tripe

6. Add fermented food to meals, salads, or eating alone (if desired)

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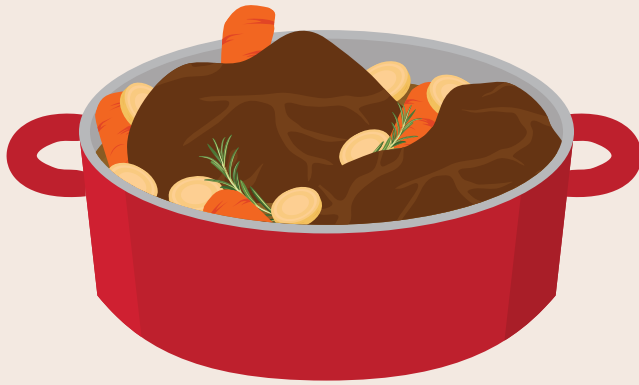
Kefir
Beet kraut
Sauerkraut
Kombucha
Miso

Tempeh
Kimchi
Kvass
Natto

7. Sprinkle (small amounts) of sugar, processed foods, alcohol, fried foods

If you're eating out with friends, it's OK to try any of these foods and see how you feel. Eat in a way that's in alignment with your health and fitness goals.

Example Plates



Herb Pot Roast with Roasted Carrots and Parsnips

- Pot Roast
- Roasted carrots
- Parsnips
- Rosemary



Slow Cooker Chicken and Squash Soup

- *Omit garlic/onions if low FODMAP
- Chicken
- Butternut squash
- Chopped carrot
- Kale

Helpful Resources

- Contact our [Clinical Nutritionist](#) who can walk you through the process and provide meal planning ideas, further information on the diet, how to gain or lose weight on the elimination diet, or general troubleshooting.