



**ccnm**  
CANADIAN COLLEGE OF  
NATUROPATHIC MEDICINE

## Elimination/Hypoallergenic Dietary Guidelines

### Food Guidelines

Organic fruits and vegetables if possible. Make sure you wash them thoroughly to remove pesticides and contaminants – use soap or hydrogen peroxide. Be sure to read labels thoroughly to find added ingredients and avoid anything with sugar, glucose, fructose, EDTA, flavouring, colour or any other preservatives.

### **Vegetables**

<b>Foods to Eat</b>	<b>Foods to Avoid</b>
<ul style="list-style-type: none"> <li>All fresh vegetables (try to incorporate onions, garlic, carrots, beets, leeks, celery, cauliflower, Brussels sprouts, cabbage, green beans, broccoli, asparagus, leafy greens – kale, mustard greens, turnip greens, bok choy, kohlrabi etc.)</li> <li>Sweet potatoes, yams</li> <li>Try sprouting, esp. mung beans, alfalfa and red clover as they help with detoxification</li> </ul>	<ul style="list-style-type: none"> <li>Tomatoes, corn, mushrooms, peppers, potatoes <i>These are common vegetable allergens.</i> <i>Frozen, canned or jarred vegetables.</i></li> </ul> <p><u>Please note:</u> If ragweed allergy present then eliminate artichokes, iceberg lettuce, sunflower seeds and oil, safflower oil, dandelion, camomile and chicory.</p>

*Can be eaten raw, steamed or baked, no frying.*

### **Fruits**

<b>Foods to Eat</b>	<b>Foods to Avoid</b>
<ul style="list-style-type: none"> <li>All fresh fruits</li> <li>Fruit sauces (applesauce, apple blackberry, apple cherry) with no added sugar (Santa Cruz) or Wellesley's apple sauce</li> </ul>	<ul style="list-style-type: none"> <li>Bananas</li> <li>Citrus (oranges, grapefruit)</li> <li>Melons</li> <li>Strawberries</li> <li>Dried fruits</li> </ul>

*Eat fruit by itself: ½ hour before or two hours after a meal, unless using in fruit smoothie.*

### **Grains**

<b>Foods to Eat</b>	<b>Foods to Avoid</b>
<ul style="list-style-type: none"> <li>Brown rice, millet, buckwheat, quinoa, tapioca, teff, amaranth <i>You can also eat cereals made from these grains.</i></li> <li>Brown rice pasta</li> </ul>	<ul style="list-style-type: none"> <li>All gluten-containing grains (wheat, spelt, rye, oats, barley) commonly found in breads, pasta and other products from refined flour</li> </ul> <p>By avoiding these foods for a few weeks it gives your body a chance to relax. You may not even know you have an allergy to these foods because the symptoms may be so subtle.</p>

### **Legumes**

<b>Foods to Eat</b>	<b>Foods to Avoid</b>
<ul style="list-style-type: none"> <li>All legumes (adzuki beans, navy, black, etc.)</li> <li>All peas (fresh/split/snap)</li> <li>Lentils (any variety)</li> </ul>	<ul style="list-style-type: none"> <li>Soy beans and soy products (tofu, soy milk, soy sauce, miso, tempeh, TVP)</li> </ul> <p><i>Soy is another common allergen.</i></p>

### **Nuts and Seeds**

<b>Foods to Eat</b>	<b>Foods to Avoid</b>
<ul style="list-style-type: none"> <li>Almonds, sesame seeds, brazil nuts, hazelnuts, pecans,</li> </ul>	<ul style="list-style-type: none"> <li>Peanuts, pistachios, cashews</li> </ul>

pumpkin seeds, sunflower seeds, walnuts all in their raw form	<ul style="list-style-type: none"> <li>Any nuts or seeds that are salted or flavoured in some way</li> </ul>
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### **Animal Products**

<b>Foods to Eat</b>	<b>Foods to Avoid</b>
<ul style="list-style-type: none"> <li>Free-range chicken and turkey (can be grain fed if organic not available)</li> <li>Organic lamb, wild game</li> <li>Wild deep water fish (salmon, halibut, cod, mackerel, sardines)</li> </ul>	<ul style="list-style-type: none"> <li>Red meats (beef, pork, bacon), sandwich meats, hotdogs, sausage, canned meats, smoked meats, shell-fish, catfish</li> <li>Dairy (milk, cream, sour cream, cheese, butter, yogurt)</li> <li>Eggs</li> </ul>

### **Condiments**

<b>Foods to Eat</b>	<b>Foods to Avoid</b>
<ul style="list-style-type: none"> <li>Oils: only olive and flax oil</li> <li>All herbs (e.g., parsley, coriander, garlic, ginger)</li> <li>All spices (e.g., curry, fennel, cayenne, basil, cinnamon, clove)</li> <li>Sea salt</li> <li>Spreads: tahini paste; nut butters (e.g., almond, hazelnut, sesame, sunflower), apple butter (Eden Organic), bean dips (e.g., hummus)</li> <li>Sauces: pesto, mustard with no additives</li> <li>Apple cider/brown rice vinegar, fresh lemon juice (not concentrated)</li> <li>Sweeteners: stevia</li> </ul>	<ul style="list-style-type: none"> <li>Regular table salt</li> <li>Refined oils, margarine, shortening</li> <li>All sweeteners (corn/brown rice/maple syrups, molasses, honey, brown/white sugar, glucose, maltose, maltodextrose, MSG, etc.)</li> </ul> <p><i>This includes desserts and all processed foods high in sugars.</i></p>

*Don't heat flax oil. Instead mix into cooked grains, drizzle over salad/steamed vegetables/grains, or add to fruit smoothie.*

### **Beverages**

<b>Foods to Eat</b>	<b>Foods to Avoid</b>
<ul style="list-style-type: none"> <li>Filtered water, at least eight to nine glasses!</li> <li>100 per cent fruit and vegetable juices (e.g., Ceres juice from South Africa has a variety of juices that are not sweetened)</li> <li>Herbal teas: rooibos (like black tea), try Bija teas (nice combinations), peppermint, chamomile, licorice root, passion flower, dandelion, milk thistle (the latter two teas are excellent liver detoxifiers, try one cup/day) and any other herbal tea</li> <li>Green tea</li> <li>Rice milk (Rice Dream Pacific) and nut milks (Breeze, Pacific)</li> </ul>	<ul style="list-style-type: none"> <li>Caffeinated beverages (coffee, black tea, soda)</li> <li>Alcohol</li> <li>Dairy (milk and other dairy products)</li> <li>Soy milk</li> <li>All fruit drinks high in refined sugars</li> <li>All vegetable drinks high in salt</li> </ul>

*Try warm water with a ¼ squeezed lemon in the water, it aids digestion and liver detoxification.*

*Drink liquids ½ hour before or one hour after eating or it will dilute the enzymes in the stomach needed to properly digest the food.*

### **Meal Suggestions**

#### **Breakfast**

Breakfast may include combinations of approved grains, meats and fruits, here are a few ideas:

1. Buckwheat/millet/brown rice (Bob's Red Mill Creamy Rice Farina) porridge or quinoa to this you can add cinnamon and apples or pears, a few almonds and rice or almond milk.
2. In general:
  - add fruit, nuts and spice to porridge while its cooking; makes fruit and nuts more digestible and adds flavour
  - You can even mix buckwheat and millet together!
3. Fruit smoothie - blend together the following:
  - 1 cup rice/almond milk
  - 1 cup of fruit (berries, pears, mango)
  - 1 tbsp flax oil
  - 1/2 tbsp tahini
  - few almonds
4. Buckwheat flakes (Arrowhead)/rice flakes (Arrowhead)/rice crisps (Barbara's)/nutty rice (Pacific Grain Products) cereal with rice or nut milk

### **Lunch and Dinner**

Lunch and dinner may include approved organic/grain fed chicken and turkey, wild game, fish, grains, legumes, cooked or raw vegetables, soups and salads.

### **Snacks**

- Brown rice crackers or brown rice cakes with almond butter and sugar free apple butter, tahini with vegetable topping (sprouts, cucumber, cooked beans), avocado
- Fruits, especially those that are seasonal
- Raw vegetables (carrot and celery sticks)
- Handful of nuts or a baked sweet potato

### **Food Reintroduction**

It will be up to your ND to decide how long this diet is to be continued for (usually it is recommended to follow this diet for at least three weeks but do note that six weeks is optimum). Once the elimination diet comes to an end you will be gradually reintroducing the foods that you have been avoiding.

Every newly introduced food or food group should be eaten during at least two of the three meals in one day for three consecutive days. At any point when you start to react to the food, you need to stop eating the offending food. If however, you have no reactions after the third day you simply introduce another food group.

Please note that when you react to an introduced food, wait until your reaction subsides prior to reintroduction of the next food group and do not eat the food that you reacted to until the reintroduction of all the other food groups is over. Then, add the food group at the very end.

Here is the list of food groups that need to be reintroduced into your diet. Please note that the following order can be altered depending on your situation and what your ND may prefer.

- Dairy (milk, cream, sour cream, cheese, butter, yoghurt)
- Red meats (beef, pork, bacon)
- All gluten-containing grains (wheat, spelt, rye, oats, barley) commonly found in breads, pasta and other products from refined flour
- Corn
- Tomatoes, mushrooms, peppers, potatoes

- Eggs
- Caffeinated beverages (coffee, black tea, soda)
- Shellfish, catfish
- Soy beans and soy products (tofu, soy milk, soy sauce, miso, tempeh, TVP)
- Peanuts, pistachios, cashews
- Bananas
- Strawberries
- Citrus (oranges, grapefruit)
- Melons
- Dried fruits
- All sweeteners (corn/brown rice/maple syrups, honey, molasses, brown/white sugar, etc.), all fruit drinks high in refined sugars

Once you have reintroduced all the various foods into your diet, you need to go back and try eating those foods to which you were sensitive. See how you react to them again. If you have any adverse reaction(s) to that food or food group, then you know that you may need to avoid that food/food group all together or eat it sparingly.