

### Fats & Oils

Servings / day

2 T.....Avocado  
1 ½ T...Coconut milk (½ c light)  
8.....Olives, black or green  
1 t.....Oils, cooking or unrefined: Coconut (virgin), Olive (extra virgin), Ghee

1 T.....Pesto (Olive oil, cheese free)  
1 serving = 45 calories, 5 g fat

**ELIMINATE**

Butter	Salad dressings	Canola	Sesame
Margarine	Shortening	Grapeseed	Soybean
Mayonnaise	<b>Oils:</b>	Pumpkin	Sunflower
Processed oils	Almond	Safflower	Walnut

### Nuts & Seeds

Servings / day

3 T.....Coconut (unsweetened)  
2 T.....Flax seed, ground

1 T.....Pine nuts  
1 serving = 45 calories, 5 g fat

**ELIMINATE**

Almonds	Hazelnuts	Pistachios	Sunflower seeds
Brazil nuts	Peanuts	Pumpkin seeds	Walnuts
Cashews	Pecans	Sesame	Nut butters

### Protein

Servings / day

**Plant Protein:** (*organic, non GMO preferred*)  
1 oz...Burger alternatives: mushroom, veggie, no soy

**Animal Proteins (very lean cuts or organic)**  
1 oz...Fish (fresh, frozen, wild-caught, not farm raised)  
1 oz...Meat: buffalo, elk, lamb, venison, wild game

1 oz...Poultry (skinless chicken, turkey, Cornish hen)  
2sm...Sardines  
1 oz...Seafood, no shell fish

**Protein Powder:**  
Check label for #grams/scoop (1 protein serving = 7 g)  
Rice, pea, hemp protein, no soy, whey, or egg white

1 oz serving = 50-100 calories, 7 g pro

**ELIMINATE**

Beef/veal	Frankfurters	<b>Soy:</b>	Nato
Canned meats	Pork	Tofu	TVP
Cold cuts	Sausage	Tempe	
Eggs	Shellfish	Miso	

### Non-starchy Vegetables

Servings / day

Artichoke	Celery	Mushrooms (Crimini)
Asparagus	Chard/Swiss Chard	Shiitake)
Bamboo shoots	Cucumbers	Okra
Bean sprouts	Greens (beet, dandelion, collard, kale, mustard, turnip)	Onions
Bell peppers		Radish
Bok choy		Shallots
Broccoli	Green beans	Spinach
Brussels sprouts	Jicama	Squash, summer
Cabbage	Leeks	Vegetable juice (¾ c)
Carrots	Lettuce	Fermented vegetables (kimchi, sauerkraut)
Cauliflower		

1 serving = ½ c cooked, 1 c raw, 10- 25 calories, 5 g carb

**Avoid the following as directed by your healthcare provider:**

Cayenne	Eggplant	Peppers (bell, chili, hot)	Tomatillo
Chili powder	Paprika	Pimento	Salsa
Tomato			

## The Comprehensive Elimination Diet

### Legumes

Servings / day

½ c....Cooked dried peas, beans, or lentils  
¾ c....Bean soups  
½ c....Hummus or other bean dips  
½ c....Fat-free refried beans

1 serving = 110 calories, 15 g carb, 7 g pro

**ELIMINATE (if not vegetarian)**

Soybean products (soy sauce, soybean oil in processed foods; tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

### Low-fat Dairy/ Alternatives

Servings / day

8 oz...Milk alternatives: rice, coconut  
8 oz...Dairy-free coconut yogurt or kiefer  
2 oz...Vegan style rice milk cheeses

1 serving = 70-100 calories, 12 g carb, 7 g pro

**ELIMINATE**

Butter	Frozen yogurt	Milk alternatives: nut, hemp, soy
Cheese	Ice cream	Yogurt
Cottage cheese	Milk	Non-dairy creamers
Cream		

### Starchy Vegetables

Servings / day

1 c....Acorn squash, cubed  
1 c....Beets, cubed  
1 c....Butternut squash, cubed  
½ c....Green peas  
½ c....Plantain (½ whole)  
1 c....Snow peas

½md .Potato, white  
½ c....Potato, white (mashed)  
½ c...Winter roots or squashes, (acorn, beet, butternut, parsnip, pumpkin, turnip)

1 serving = 80 calories, 15 g carb

**ELIMINATE**

Corn	Potato (if avoiding nightshades)
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### Fruits (No sugar added)

Servings / day

1 sm .Apple  
½ c....Applesauce (unsweetened)  
4.....Apricots, fresh  
½.....Banana, med  
¾ c....Blackberries  
¾ c....Blueberries  
12.....Cherries  
3.....Dates or Figs

½ c....Fruit juice  
15.....Grape  
½ sm.Mango  
1 c....Melon  
1 sm...Nectarine  
1 c....Papaya  
1 sm...Peach  
1 sm...Pear  
¾ c....Pineapple

2 sm..Plums  
1 sm..Pomegranate  
3 md .Prunes  
2 T.....Raisins  
1 c....Raspberries  
2 sm..Tangerines  
2 T.....Dried fruit

1 serving = 60 calories, 15 g carb

**ELIMINATE**

Oranges	Orange juice
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### Grains

Servings / day

Amaranth\*  
Basmati rice\*  
Buckwheat/kasha\*  
Millet\*

Potato flour\*  
Quinoa\*  
Rice\*

Sorghum\*  
Tapioca\*  
Teff\*

Serving = ½-½ c

½ c....Cereal, cooked (rice)  
¾ c....Cereal, ready-to-eat (rice)  
½ c....Quinoa\*  
½ c....Rice\*

1 sl....Rice bread\*  
2 .....Rice cakes (brown)\*  
3-4.....Rice crackers\*  
½ c....Rice noodles or pasta\*

\* = Gluten free  
1 serving = 75-110 calories, 15 g carb

**ELIMINATE**

Barley	Oat	Spelt	Wheat
Corn	Rye	Triticale	

\* all measurements in single serving sizes