

Fats & Oils				Servings / day
2 T.....Avocado	1 T.....Pesto (Olive oil, cheese free)			
1½ T.....Coconut milk (½ c light)				
8.....Olives, black or green				
1 t.....Oils, cooking or unrefined: Coconut (virgin), Olive (extra virgin), Ghee				
				1 serving = 45 calories, 5 g fat
ELIMINATE				
Butter	Salad dressings	Canola	Sesame	
Margarine	Shortening	Grapeseed	Soybean	
Mayonnaise	Oils:	Pumpkin	Onions	
Processed oils	Almond	Safflower	Walnut	

Nuts & Seeds				Servings / day
3 T.....Coconut (unsweetened)	1 T.....Pine nuts			
2 T.....Flax seed, ground				
				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	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	Soy:	Nato	
Canned meats	Pork	Tofu	TVP	
Cold cuts	Sausage	Tempe		
Eggs	Shellfish	Miso		

Non-starchy Vegetables				Servings / day
Artichoke	Celery	Mushrooms (Crimini Shiitake)		
Asparagus	Chard/Swiss Chard	Okra		
Bamboo shoots	Cucumbers	Onions		
Bean sprouts	Greens (beet, dandelion, collard, kale, mustard, turnip)	Radish		
Bell peppers		Shallots		
Bok choy	Green beans	Spinach		
Broccoli	Jicama	Squash, summer		
Brussels sprouts	Leeks	Vegetable juice (¾ c)		
Cabbage	Lettuce	Fermented vegetables (kimchi, sauerkraut)		
Carrots				
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	½ md .Potato, white			
1 c.....Beets, cubed	½ c....Potato, white (mashed)			
1 c.....Butternut squash, cubed	½ c...Winter roots or squashes, (acorn, beet, butternut, parsnip, pumpkin, turnip)			
½ c....Green peas				
½ c....Plantain (½ whole)				
1 c.....Snow peas				
				1 serving = 80 calories, 15 g carb
ELIMINATE				
Corn	Potato (if avoiding nightshades)			

Fruits (No sugar added)				Servings / day
1 sm .Apple	½ c....Fruit juice	2 sm..Plums		
½ c....Applesauce	15.....Grape	1 sm..Pomegranate		
(unsweetened)	½ sm.Mango	3 md .Prunes		
4.....Apricots, fresh	1 c.....Melon	2 T.....Raisins		
½.....Banana, med	1 sm..Nectarine	1 c.....Raspberries		
¾ c....Blackberries	1 c.....Papaya	2 sm..Tangerines		
¾ c....Blueberries	1 sm..Peach	2 T.....Dried fruit		
12.....Cherries	1 sm..Pear			
3.....Dates or Figs	¾ c....Pineapple			
				1 serving = 60 calories, 15 g carb
ELIMINATE				
Oranges	Orange juice			

Grains				Servings / day
Amaranth*	Potato flour*	Sorghum*		
Basmati rice*	Quinoa*	Tapioca*		
Buckwheat/kasha*	Rice*	Teff*		
Millet*				Serving = ½-1 ½ c
½ c....Cereal, cooked (rice)	1 sl ...Rice bread*			
¾ c....Cereal, ready-to-eat (rice)	2Rice cakes (brown)*			
½ c....Quinoa*	3-4.....Rice crackers*			
½ c....Rice*	½ c....Rice noodles or pasta*			
				* = Gluten free
				1 serving = 75-110 calories, 15 g carb
ELIMINATE				
Barley	Oat	Spelt	Wheat	
Corn	Rye	Triticale		