

MODIFIED ELIMINATION DIET

Foods to Include	Category	Foods to Avoid
Unsweetened fresh, frozen, water packed, or canned; unsweetened fruit juices except orange	FRUITS	Oranges
All fresh raw, steamed, sautéed, juiced, or roasted vegetables	VEGETABLES	Corn; creamed vegetables
Rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat	STARCH <small>(No starches allowed for weight loss or Candida patients)</small>	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products
Products made from rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa	BREAD / CEREAL <small>(No breads allowed for weight loss, Candida or Paleo diet patients)</small>	Products made from wheat, spelt, kamut, rye, barley; all gluten containing products
All beans, peas, and lentils unless otherwise indicated	LEGUMES	Soybeans [†] , tofu, tempeh, soybeans, soy milk, other soy products
Almonds, cashews, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds	NUTS & SEEDS	Peanuts, peanut butter
All canned (water-packed), frozen, or fresh fish; chicken; turkey; wild game; lamb	MEAT & FISH	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish
Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks	DAIRY PRODUCTS & MILK SUBSTITUTES	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, “non-dairy” creamers
Cold-expeller pressed olive, flax, sesame, walnut, pumpkin, or almond oils	FATS	Margarine, butter, shortening, processed (hydrogenated) oils, mayonnaise, spreads, canola, safflower, sunflower
Filtered or distilled water, herbal tea, seltzer or mineral water	BEVERAGES	Soda pop or soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
All spices unless otherwise indicated. For example, use: cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar	SPICES & CONDIMENTS	Chocolate ^{††} , ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, other condiments
Brown rice syrup, fruit sweetener, blackstrap molasses, stevia	SWEETENERS	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, candy; desserts made with these sweeteners

[†]Note that soy is an ingredient in some of the recommended medical foods and supplement formulas. Therefore, those products are only recommended if your healthcare practitioner has determined you have no intolerance to soy.

^{††}Note that chocolate is an ingredient in some of the recommended medical foods. Therefore, those products are only recommended if your healthcare practitioner has determined you have no intolerance to chocolate.