

Elimination/Hypoallergenic Diet

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.

Included in the chart are suggestions of foods you can eat. If the foods suggested are irritating then avoid the foods.

The items in bold needs extra emphasis!

Food Combination Principle to reduce gastric distress: combine starches with vegetables or protein with vegetables. Avoid combining protein with starches. Eat fruit and sweets one hour away from meals to not impair digestion.

Foods to Eat	Foods to Avoid
<p>Vegetables (do not fry the vegetables)</p> <ul style="list-style-type: none"> • All fresh vegetables (try to incorporate carrots, beets, leeks, celery, cauliflower, Brussels sprouts, cabbage, green beans, broccoli, asparagus, leafy greens, kale, turnip greens, bok choy, etc. • Sweet potatoes, yams 	<ul style="list-style-type: none"> • Tomatoes, corn, mushrooms, peppers, potatoes <p><i>These are common vegetable allergens. Frozen, canned or jarred vegetables.</i></p> <p><u>Please note</u> If ragweed allergy is present then eliminate artichokes, iceberg lettuce, sunflower seeds and oil, safflower oil, dandelion, camomile and chicory.</p>
<p>Fruits</p> <p><i>Note: Eat fruit by itself: ½ hour before or 2 hrs after a meal, unless using in fruit smoothie.</i></p> <ul style="list-style-type: none"> • Fresh fruits • Fruit sauces (applesauce, apple blackberry, apple cherry) with no added sugar (Santa Cruz) or Wellesley's apple sauce 	<ul style="list-style-type: none"> • Bananas (high in sugar) • Citrus (oranges, grapefruit) • Melons • Strawberries • Dried fruits • (Acid-forming Fruit)
<p>Grains</p> <ul style="list-style-type: none"> • Brown rice, millet, buckwheat, quinoa, tapioca, teff, amaranth <p><i>You can also eat cereals made from these grains. A tasty brown rice is by Glutino and a good brand of oats is Mc Canns that can be found in Loblaws or Longos.</i></p> <ul style="list-style-type: none"> • Brown rice pasta 	<ul style="list-style-type: none"> • <u>All gluten-containing grains</u> (wheat, spelt, rye, oats, barley) commonly found in breads, pasta and other products from refined flour <p><i>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.</i></p>

<p>Legumes</p> <ul style="list-style-type: none"> • All legumes (adzuki beans, navy, black, etc.) • All peas (fresh/split/snap) • Lentils (any variety) 	<ul style="list-style-type: none"> • Soy beans and soy products (tofu, soy milk, soy sauce, miso, tempeh, TVP) <p><i>Soy is another common allergen.</i></p>
<p>Nuts and Seeds</p> <ul style="list-style-type: none"> • Almonds, sesame seeds, brazil nuts, hazelnuts, pecans, pumpkin seeds, sunflower seeds, walnuts all in their raw form <p><i>The above-mentioned are allowed because it is not a common allergen. However, patients with ulcerative colitis may find the texture of the nut/seed to be irritating. I.e. Sharp</i></p>	<ul style="list-style-type: none"> • Peanuts, pistachios, cashews • Any nuts or seeds that are salted or flavoured in some way
<p>Animal Products</p> <ul style="list-style-type: none"> • Free-range chicken, duck and turkey (can be grain fed if organic not available) • Organic lamb, wild game <p>Dairy Alternative</p> <ul style="list-style-type: none"> • Oat, Brown Rice, Almond or Hemp Milk 	<ul style="list-style-type: none"> • <u>Red meats (beef, pork, bacon), sandwich meats, hotdogs, sausage, canned meats, smoked meats, shell-fish, catfish</u> • <u>Dairy (milk, cream, sour cream, cheese, butter, yoghurt)</u> • <u>Eggs</u>
<p>Condiments</p> <ul style="list-style-type: none"> • Oils: olive oil (use as table oil to be added to foods after heated or on salads); avocado oil or grapeseed oil (may be heated) I • All herbs (parsley, coriander, ginger, etc.) (only if not irritating to the patient) • A.Vogel Herbamare spice • Spices (fennel, basil, cinnamon, clove, etc.)(only if not irritating to the patient and according to blood type diet) • Sea salt • Spreads: tahini paste; almond butter, apple butter (Eden Organic), bean dips (hummus) • Sauces: pesto, mustard with no additives • Apple cider/ brown rice vinegar, fresh lemon juice (not concentrated) 	<ul style="list-style-type: none"> • Regular table salt • Refined oils,vegetable oil, canola, soy oil, corn margarine, shortening • All sweeteners (corn/brown rice/maple syrups, molasses, honey, brown/white sugar, glucose, maltose, maltodextrose, MSG, etc.) <p><i>This includes desserts and all processed foods high in sugars.</i></p>

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| <ul style="list-style-type: none">• Sweeteners: stevia, xylitol | |
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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. Spices, stevia or xylitol may be added.
2. Fruit smoothie, blend together the following...
 - 2 cups liquid – coconut milk, rice milk and or water (reverse osmosis or distilled)
 - 1 cup of fruit (apples, pineapple, pears, mango) according to blood type & low acid forming (frozen or fresh)
 - Half cup of kale
 - Quarter of a lime (optional)
 - few hemp seeds
3. 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 steamed vegetables and soups.

Snacks

- Brown rice crackers or brown rice cakes with almond butter and unsweetened apple butter, tahini with vegetable topping (sprouts, cucumber), avocado
- Fruits especially those that are seasonal