



## Food Elimination Program

*Food allergies and intolerances indicate that your body has a difficult time digesting, metabolizing or using certain foods. Food allergies / intolerances contribute to many health concerns and impact your ability to achieve optimum health. A food elimination program is a series of steps designed to identify and remove foods that are troublesome, and then steps to repair and rebuild the health of your digestive system.*

### General Instructions:

- The goal of this program is to remove the foods that are the most common cause of food allergies and intolerances and to remove those that most commonly contribute to inflammation in the body.
- During this program eat whenever you are hungry, and as often as you like from the foods outlined below. This provides all the nutrition that you will need while your body cleanses and heals itself. While on this diet, you may experience some weight loss as you remove foods that are contributing to inflammation.
- Eat until you feel full, but not engorged. It is better to eat several small meals per day rather than 3 large ones. During the first two weeks of the program, do not introduce any foods that you have never eaten before.
- Only drink liquids ½ hour before or 1 hour after eating. Drinking with your meals dilutes the stomach enzymes needed to properly digest the food eaten.
- Keep the consumption of fruits separate from vegetables and grains. Food combining is based on the discovery that certain combinations of foods may be digested with greater ease and efficiency than others. This goes for fruit and vegetable juices as well.
- With fruits and vegetables, it is best to consume organic produce whenever possible. Buy in season and locally grown fruits and vegetables, and wash them thoroughly before eating. If purchasing vegetable or fruit juices, purchase those with no additives, sugar, chemicals, and little or no salt (can be found in health food stores).
- Absolutely no shellfish (i.e. shrimp, oysters, scallops, clams, lobster, etc.), catfish, or red meat.
- Track everything you eat and drink and track the symptoms or changes that you experience.



## Food Elimination Program - Step I

*The first step of the food elimination program is to eat foods that the body finds easy to digest for a period of 14 days. During this period the digestive system is able to cleanse out unwanted toxins and to function more efficiently.*

For the first fourteen (14) days eat as much as you would like of the following foods:

1. Grains - organic brown rice
2. Vegetables - any kind, (except avocados, corn and mushrooms). They can be eaten raw, steamed, juiced or baked. No frozen, canned or jarred vegetables should be eaten. Onions, garlic and ginger are especially good for cleansing. If arthritis is a health concern, your Naturopathic Doctor may also ask to you to avoid the nightshades (white potatoes, tomatoes, bell peppers, eggplant and the spice paprika)
3. Fruits - any kind, (except oranges, orange juice, pineapple, bananas, melons and dried fruit). Eat fruit raw or juiced. Eat fruit by itself: ½ hour before or 2 hours after a meal.
4. Other foods - lentils, rice cakes, ocean-going fish and free-range chicken.
5. Spices - cayenne pepper and/or non-salt herbal seasoning (e.g. “Vegit”).
6. Condiments - olive oil, lemon, herbs and spices that contain no salt or MSG.
7. Beverages - filtered distilled or spring water. Herbal teas, such as chamomile, mint, lemon, etc.
8. Other recommendations:

## Step 2 - Identifying Offending Foods

*After the digestive system has had an opportunity to eliminate all possible food allergies / intolerances, it is important to add foods back into your diet gradually, to identify the offending foods.*

- It is important to do Step 2 slowly and methodically to ensure that you are aware of the foods that are troublesome. Step 2 may take one to three months to complete.
- Introduce only one new food every three days and ensure that you eat the food to be introduced in at least two meals during the day.
- After you find that a food is agreeable with you, it may be eaten on an ongoing basis, as desired.
- If a new food that you introduced causes a return of your symptoms or you experience gas, bloating, diarrhea, constipation, headaches, skin reactions or any other adverse signs, stop that food and go back to the previous list of foods that you knew you could tolerate for at least three days.



- The foods are arranged by groups. Group A represents those foods that are the least probable to cause food intolerance / allergy symptoms.
- In each food group you only have to introduce those foods that you intend to consume on an ongoing basis.
- As you go from Group A to Group K you are adding foods that are increasingly more likely to cause symptoms as they are often the foods that mostly commonly cause food intolerances and allergies and are the most difficult for the body to handle.
- Keep a detailed food diary with associated symptoms so that you can easily track those foods that you don't tolerate well.

Group A	<b>Grains:</b> millet, amaranth, wheat-free/gluten free bread, 100% yeast free rye bread, rice pasta/rice noodles, quinoa and quinoa pasta <b>Vegetables:</b> mushrooms, corn, avocados, tomato sauce (without sugar & preservatives) <b>Fruits:</b> bananas <b>Oils:</b> corn oil, safflower oil, sunflower oil, sesame oil, coconut oil Note: (no hydrogenated oil) <b>Other:</b> dairy-free ice-cream (e.g. Rice dream), honey (raw unpasteurized)
Group B	<b>Nuts:</b> almonds, almond butter, brazil nuts, hazelnuts, pecans, walnuts, tahini spread <b>Seeds:</b> sesame seeds, pumpkin seeds <b>Note:</b> no peanuts, peanut butter, cashews or pistachios
Group C	<b>Fish</b> - cod, halibut, herring, mackerel, salmon, sardines, trout, white fish If it is necessary to have salmon and tuna (choose light tuna over white tuna) choose from cans that use fish canned in water. <b>Note:</b> no shellfish
Group D	<b>Meat</b> - chicken, duck, eggs, lamb, turkey (organic meats and free-range eggs are preferred)
Group E	<b>Grains</b> - barley, buckwheat, kamut, oats <b>Legumes</b> - adzuki, black-eyed peas, chickpeas, fava beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, split peas (make sure to soak and rinse your beans and peas before cooking)
Group F	<b>Grains:</b> peanuts, peanut butter, cashews, pistachios <b>Fruit:</b> oranges, orange juice, pineapple, melons, dried fruit
Group G	<b>Dairy:</b> ghee, yoghurt, <b>Vegetables:</b> white potatoes, tomatoes, bell peppers, eggplant, paprika <b>Other:</b> soya products, tofu, tempeh, soya sauce
Group H	<b>Grains:</b> whole grain products, multi-grain breads, pastas, wheat crackers
Group I	<b>Dairy:</b> Cheese and dairy
Group J	<b>Fish:</b> shellfish <b>Meat:</b> beef, pork
Group K	Any other foods that haven't yet been added

## Step 3: Rebuilding and Repairing the Digestive Tract

*There are times when the digestive tract has been impaired due to chronic and severe exposure to food allergies / intolerances. As part of the food elimination program it is necessary to rebuild and repair the digestive tract and to address functional or structural damage. Work with your Naturopathic Doctor to identify what additional steps need to be taken.*