

MODIFIED ELIMINATION DIET

This dietary approach has been most helpful with patients who complain of fatigue, recurrent gastrointestinal problems (especially diarrhea), food intolerance or sensitivity, chemical or environmental sensitivities, chronic headache, and muscle or joint pain of unknown origin.

The diet is dairy- and gluten-free and usually well tolerated.

Primary Guidelines:

Eliminate all dairy products, including milk, cream, cheese, cottage cheese, yogurt, butter, ice cream, and frozen yogurt. Avoid products like soy cheese, which are made with casein (a milk protein).

Eliminate fatty meats like beef, pork, or veal. Chicken, turkey, lean cuts of lamb, and cold-water fish such as salmon, mackerel, and halibut are acceptable if you are not allergic to or intolerant of these foods. Select from organic or free-range products whenever possible.

Eliminate gluten. Avoid any foods that contain wheat, spelt, kamut, oat, rye, barley, or malt. This is the most difficult part of the diet, but it is also the most important. Unfortunately, gluten is in many common foods, including bread, cereal, pasta, crackers, and products containing flours made from these grains. Products made from rice, millet, buckwheat, and gluten-free flour, or potato, tapioca, and arrowroot may be used as desired by most individuals.

Drink at least two quarts of water, preferably filtered, daily.

Avoid all alcohol-containing products, including beer, wine, liquor, and over-the-counter products that contain alcohol. Also avoid all caffeine-containing beverages, including coffee, caffeine-containing tea, and soda pop. Coffee substitutes from gluten-containing grains should be avoided along with decaffeinated coffee. Be sure to read the labels of cold remedies and herbal preparations, as they frequently contain caffeine and/or alcohol.

Avoid foods containing yeast or foods that promote yeast overgrowth (processed foods, refined sugars, cheese, commercially prepared condiments, peanuts, vinegar, and alcoholic beverages).

FOOD GROUP	ALLOWED	AVOID
Meat, Fish, Poultry Legumes Eggs	Chicken, turkey, lean lamb All legumes, dried peas, and lentils Cold-water fish such as salmon, halibut, mackerel, trout, tuna Egg replacer	Red meat, cold cuts, frankfurter, sausage, canned meat, eggs, cholesterol-free egg substitutes
Dairy Products	Milk substitutes such as rice milk, nut milks, and soy milk Casein-free soy yogurt	Milk, cheese, cottage cheese, yogurt, ice cream, cream, non-dairy creamers
Starch	White or sweet potato, arrowroot, rice, tapioca, buckwheat, millet, gluten-free products	All gluten-containing products, including pasta All corn and corn-containing products
Bread/Cereal	Any made from rice, quinoa, amaranth, buckwheat, teff, millet, soy, potato flour, tapioca, arrowroot, or gluten-free, flour-based products	All made from wheat, oat, spelt, kamut, rye, barley, or gluten-containing grains
Vegetables	All vegetables, preferably fresh, frozen, or freshly juiced	Any vegetables creamed or made with prohibited ingredients
Fruits	Unsweetened fresh, frozen, freshly juiced, or water-packed canned fruits, excluding citrus and strawberries	Fruit drinks, ades, cocktails, citrus, strawberries, and dried fruits preserved with sulfites
Soup	Clear, vegetable-based broth; homemade vegetarian, chicken, or turkey soup; chili made	Canned or creamed soup Any with glutenous flours or grains

	with ground chicken or turkey	
Beverages	Freshly prepared or unsweetened fruit or vegetable juice, pure water, non-citrus herbal tea	Milk, dairy-based products, coffee, tea, cocoa, Postum [®] , alcoholic beverages, soda pop,
Fats/Oils	Cold, expeller pressed, unrefined, light-shielded canola, flax, olive, pumpkin, sesame, and walnut oil; salad dressing made from allowed ingredients	Margarine, shortening, butter, refined oils, salad dressing, and spreads
Nuts/Seeds	Almonds, cashews, flaxseeds, pecans, pumpkin, sesame, squash seeds, sunflower seeds, walnuts, hazelnuts/filberts, nut/seed butters made with allowed ingredients	Peanuts, pistachios, peanut butter, macadamia nuts
Sweeteners	Brown rice syrup, fruit sweeteners	Brown sugar, honey, molasses, maple syrup, corn syrup, fructose
Condiments	Salt-free herbs and seasonings such as basil, bay, caraway, chives, cinnamon, curry, dill, dry mustard, garlic, ginger, mace, marjoram, mint, nutmeg, parsley, poppy seeds, balsamic or rice vinegar, savory, tarragon	Salt, soy sauce, mayonnaise, ketchup