

Modified Elimination Diet

This dietary approach has been most helpful in 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.

The primary guidelines are:

1. 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).
2. 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 free-range products whenever possible.
3. Eliminate gluten. Avoid any food that contains wheat, spelt, kamut, oats, 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.
4. Drink at least two quarts of water, preferably filtered, daily.
5. 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.
6. Avoid foods containing yeast or foods that promote yeast overgrowth (processed foods, refined sugars, cheese, commercially prepared condiments, peanuts, vinegar, and alcoholic beverages).

<u>Food Group</u>	<u>Allowed</u>	<u>Avoid</u>
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 meats, 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	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 fruit preserved with sulfites
Soup	Clear, vegetable-based broth, homemade vegetarian or chicken or turkey soup, chili made with ground chicken or turkey	Canned or creamed soup Any with glutenous flours or grains
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, sweetened beverages, citrus drinks
Fats/Oils	Cold, expeller pressed, unrefined, light-shielded canola, flax, olive, pumpkin,	Margarine, shortening, butter, refined oils, salad dressings, and

	sesame, and walnut oil, salad dressing made from allowed ingredients	spreads.
Nuts/Seeds	Almonds, cashews, flax seed, 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