

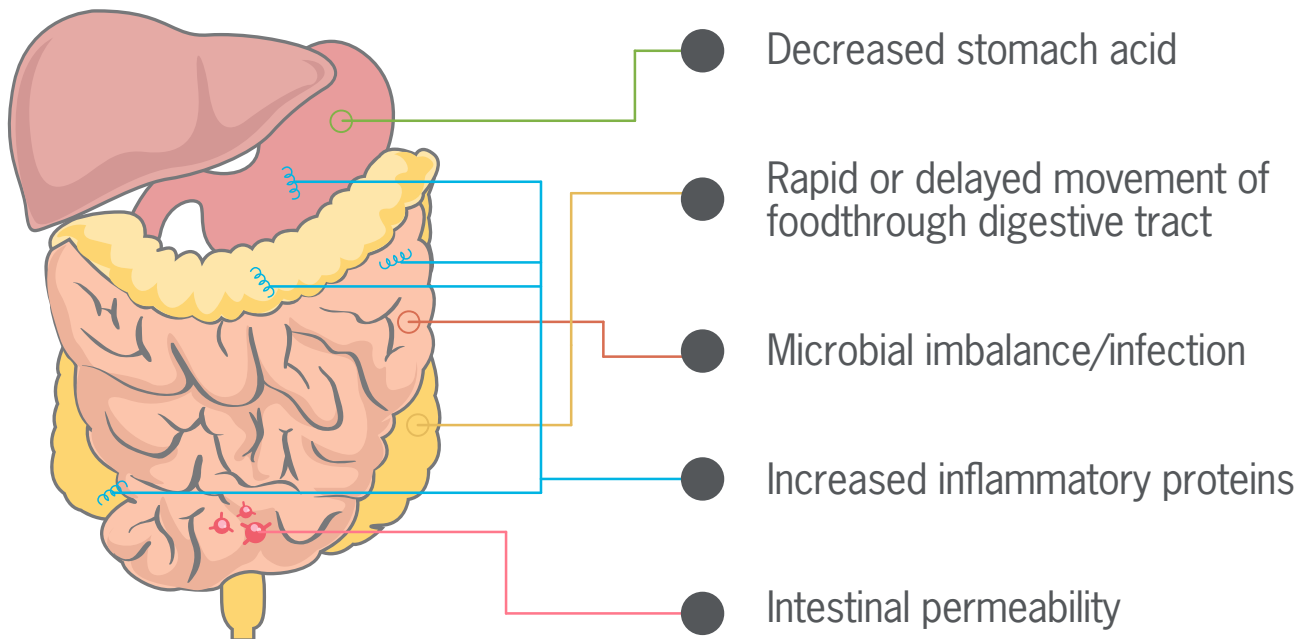
ELIMINATION DIETS:

WHAT YOU NEED TO KNOW

Ailments like asthma, migraines, mood disorders, and skin problems could be the result of a food sensitivity. Here's how to suss it out.

FOOD SENSITIVITIES WREAK GI HAVOC

Eating foods you're sensitive to can throw off gut bacteria and enzymes, causing vicious cycles of poor digestion, infection, and inflammation.



TELLTALE SIGNS OF GI DYSFUNCTION

- Bloating
- Constipation
- Diarrhea
- Gas
- Heartburn
- Nausea
- Stomach aches
- Undigested food in stool

Unfortunately, being free of GI symptoms doesn't mean you have no food sensitivities.

THE UNHEALTHY GUT: A DOMINO EFFECT

Problems in the GI tract can ultimately disturb hormonal, metabolic, and immune functions, potentially leading to:



ADD/ADHD

Brain fog

Depression

Fatigue

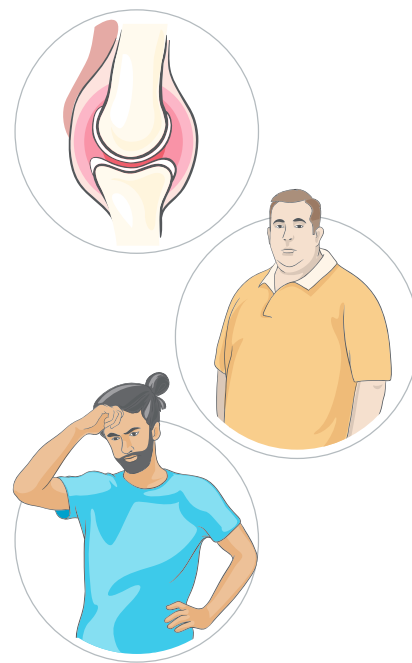
Headaches

Obesity

Pain

Rashes

Malnutrition



HOW TO DO AN ELIMINATION DIET

Removing certain foods for about three weeks can help you detect dietary sensitivities. Use this chart as a guide.

FOODS TO EAT



All fresh, raw, steamed, sauteed, or roasted vegetables (except eggplant, tomatoes, peppers, and white potatoes)

VEGETABLES



All fresh or frozen fruit without added sugar

FRUIT



Gluten-free grains*: amaranth, brown rice, buckwheat, millet, quinoa, sorghum, teff
Roots and tubers: beets, parsnip, rutabaga, squash, sweet potato, taro, turnip, yuca

STARCHES

FOODS TO REMOVE

Highly-processed veggies
Nightshades: eggplant, peppers, tomatoes, white potatoes



Dried fruit (with sugar),
canned fruit



Gluten-containing grains:
barley, rye, wheat, oats**
Corn





Beans & lentils

LEGUMES

Soybeans and soy products: edamame, tofu, tempeh, etc.
Peanuts, peanut butter



Tree nuts
Seeds
Oils & nut butters made from tree nuts, seeds

NUTS & SEEDS

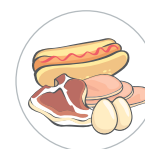
N/A



Meat: chicken, duck, lamb, pork, turkey, wild game
Fresh fish, shellfish
Rice-based protein powder

MEAT, FISH, MEAT SUBSTITUTES, & SHELLFISH

Eggs
Processed fish
Processed meat
Beef
Soy-based meat substitutes and seitan



Unsweetened coconut, rice, almond, and hemp milk

DAIRY & DAIRY ALTERNATIVES

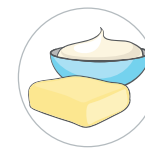
Milk: cow, oat, goat
Products made from cow, oat, or goat milk (ex: cheese, ice cream, yogurt)



Oils: avocado oil, coconut butter, coconut oil, cold-pressed olive oil, flaxseed oil, grapeseed oil, sesame oil
Foods: coconut (unsweetened), olives, avocado

FATS & OILS

Butter, canola oil, margarine, mayonnaise, processed and hydrogenated oils



Water, non-caffeinated herbal teas, mineral water

BEVERAGES

Alcohol, caffeinated beverages, fruit juice, sugar-sweetened beverages



Apple cider vinegar (and other vinegars without sugar or flavourings)
Sea salt
Most fresh herbs and spices (see exceptions in red list)

SPICES & CONDIMENTS

Barbecue sauce, caviar, cayenne pepper, chutney, cream-based sauces, curry paste, ketchup, mustard, pasta sauce, paprika, relish, soy sauce, tomato-based sauces, tzatziki



Stevia (if needed)

SWEETENERS

Brown sugar, chocolate, corn syrup, coconut sugar, high fructose corn syrup, honey, jam, maple syrup, raw cane sugar, white sugar



* May also be removed if you suspect a grain sensitivity. Also consider removing any foods you eat frequently.

** Though oats are naturally gluten-free, they're sometimes contaminated with gluten during farming and processing.

HOW TO REINTRODUCE FOODS

After the elimination period, reintroduce a single food for one day. Then monitor symptoms for two days. Continue this process for a few weeks to determine what might be causing your issues.

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1	ADD 1 FOOD	MONITOR YOUR SYMPTOMS		ADD 1 FOOD	MONITOR YOUR SYMPTOMS		ADD 1 FOOD
WEEK 2	MONITOR YOUR SYMPTOMS		ADD 1 FOOD	MONITOR YOUR SYMPTOMS		ADD 1 FOOD	MONITOR YOUR SYMPTOMS
WEEK 3	MONITOR YOUR SYMPTOMS	ADD 1 FOOD	MONITOR YOUR SYMPTOMS		ADD 1 FOOD	MONITOR YOUR SYMPTOMS	

Reintroduce one food at a time, eating at least two servings of it at different times of the day. Focus on foods you eat most frequently.

SYMPTOMS TO LOOK FOR

During reintroduction, pay attention to how you're feeling. Write down any changes you notice, whether positive or negative.



SIGNS OF FOOD SENSITIVITY INCLUDE:

- Insomnia
- Fatigue
- Joint pain
- Bloating
- Brain fog
- Skin breakouts or rashes
- Headaches
- Bowel changes or GI pain
- Sinus or other respiratory issues

TIPS FOR SUCCESS

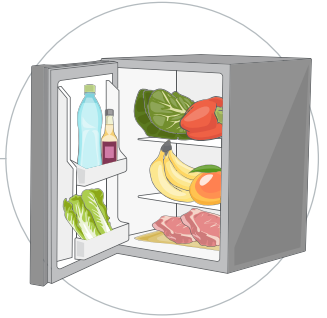


PREPARE:

People who spend the week prior to an elimination diet shopping for the right foods and looking up recipes do far better than those who jump right into it.

REARRANGE YOUR KITCHEN:

Place elimination diet friendly foods in an easy to access location in your pantry, fridge, and freezer.



KEEP A JOURNAL:

Writing down notes about symptoms, energy levels, sleep, recovery, and mood can help you identify patterns related to the food you eat.