Modified Elimination Diet

Food Groups	Allowed Foods	Foods to Avoid
Meat, Poultry, Fish, Legumes	Chicken, turkey, lamb, eggs*, all legumes (except non-whole soy), dried peas, lentils, cold water fatty fish: salmon, mackerel, anchovies, sardines, herring	Red meats (in excess and/or processed), cold cuts, Frankfurter, sausage, canned meats, non-whole soy*
Dairy Products	Unsweetened live-cultured yogurt*, rice milk, almond milk, coconut milk, goats milk/cheese	Cow's milk, cheese, ice cream, non-dairy creamers
Starch	Sweet potatoes, brown rice, wild rice, basmati rice, quinoa, tapioca, buckwheat and gluten-free products	ALL gluten containing products to include: bread (unless certified gluten-free), pasta, white potatoes, white rice, corn
Soups	Clear, vegetable-based broth, homemade vegetarian soups	Canned or cream soups
Vegetables	All veggies, preferably fresh, frozen, or freshly juiced	Creamed or in casseroles
Beverages	Unsweetened fruit or vegetable juices, pure water, herbal tea	Cow's milk, coffee, tea, cocoa, alcohol, soda, sweetened beverages, citrus
Breads, Cereals	Any made from rice, buckwheat, millet, tapioca, quinoa, arrowroot, sprouted grain, or gluten-free flour based products	All made from wheat, oat, spelt, kamut, rye, barley, amaranth, corn, soy, potato, and gluten containing products
Fruits	Fresh, unsweetened frozen and/or canned fruits	Fruit drinks,- ades, citrus, strawberries, or dried fruit
Fats, Oils Fats, Oils	**Oils** – cold pressed, unrefined, avocado, ghee, EVOO, coconut **Butters** – grass fed, ghee, squash seed, flaxseed, pumpkin seed **Salad Dressings** – made from allowed ingredients	Margarine, shortening, unclarified butter, refined oils, processed salad dressings
Nuts/Seeds	All nuts and seeds	*Peanuts

*These foods may not be tolerated by some individuals

MIDWEST NATURAL WELLNESS CENTER