

21-Day Elimination Diet Food List

Patient Information

- Full Name: _____
- Date: _____
- Nutritionist/Dietitian: _____

Overview of the 21-Day Elimination Diet

- The Elimination Diet involves removing specific foods or food groups believed to cause allergies or sensitivities for a period of 21 days.
- After 21 days, these foods are gradually reintroduced to identify any reactions.

Foods to Eliminate

1. **Dairy Products:** Milk, cheese, yogurt, butter.
2. **Gluten-Containing Grains:** Wheat, barley, rye, oats (unless labeled gluten-free).
3. **Eggs:** Both yolks and whites.
4. **Soy Products:** Tofu, soy milk, soy sauce.
5. **Nuts and Seeds:** All types, including nut butters.
6. **Legumes:** Beans, lentils, peas.
7. **Nightshade Vegetables:** Tomatoes, potatoes, eggplant, peppers.
8. **Citrus Fruits:** Oranges, lemons, limes, grapefruit.
9. **Pork and Shellfish**
10. **Processed/Packaged Foods:** Anything with additives, preservatives, artificial colors or flavors.
11. **Alcohol, Caffeine, and Refined Sugars**

Foods to Include

1. **Vegetables (excluding nightshades):** Leafy greens, broccoli, cauliflower, zucchini, etc.
2. **Fruits (excluding citrus):** Apples, berries, pears, melons.
3. **Gluten-Free Grains:** Quinoa, rice, millet, amaranth.
4. **Meat and Fish:** Chicken, turkey, beef, lamb, wild fish.
5. **Plant-Based Proteins:** Hemp, chia, flaxseeds.
6. **Dairy Alternatives:** Almond milk, coconut milk, oat milk.

