

21 Day Elimination Diet Food List

This 21-Day Elimination Diet Food List is designed to help individuals identify potential food triggers that may be causing adverse health reactions. The list outlines which foods to eliminate and provides guidance on reintroducing them to pinpoint specific sensitivities.

- **Elimination phase (Days 1-21):** Follow this phase strictly by removing all listed foods from your diet. This helps cleanse your system and provides a baseline for identifying food triggers.
 - **Reintroduction phase (After Day 21):** Gradually reintroduce eliminated foods one at a time while monitoring symptoms. This phase helps determine which foods may be causing adverse reactions.
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Safe foods to include

- **Fruits:** Apples, berries, bananas, pears, melons
 - **Vegetables:** Leafy greens, carrots, cucumbers, zucchini, sweet potatoes
 - **Proteins:** Chicken, turkey, fish (cold water fish), legumes
 - **Healthy fats:** Olive oil, coconut oil, avocado
 - **Grains:** Rice, quinoa, gluten-free oats
 - **Dairy substitutes:** Almond milk, coconut milk, rice milk
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Foods to avoid

- **Gluten-containing grains:** Wheat, barley, rye
 - **Dairy products:** Milk, cheese, yogurt
 - **Soy products:** Tofu, soy milk, edamame
 - **Eggs**
 - **Nuts and seeds:** Almonds, walnuts, peanuts, sesame seeds
 - **Processed sugars:** High fructose corn syrup, refined sugar
 - **Nightshade vegetables:** Tomatoes, peppers, eggplants
 - **Artificial additives:** Preservatives, colorings, flavor enhancers
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Reintroduction guidelines

1. **Introduce one food at a time:** Choose a food from the “Foods to Avoid” list and reintroduce it into your diet. Consume the food for 2-3 days.
2. **Monitor symptoms:** Keep track of any changes in symptoms, such as digestive issues, skin reactions, or fatigue. Record these in a symptom diary.
3. **Wait before reintroducing another food:** Allow a period of 3-4 days before introducing a new food. This waiting period helps differentiate reactions to specific foods.

Additional notes