



Gut Healing *Elimination Diet* Yes/No Foods

WHAT CAN I EAT?

Yes! Foods (Elimination Phase)

VEGETABLES

- Acorn Squash
- Artichoke Hearts
- Artichokes
- Arugula/Rocket
- Asparagus
- Avocado
- Beet Top
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cassava
- Cauliflower
- Celery
- Chinese Cabbage
- Chicory
- Collard Greens
- Cucumber
- Dandelion
- Endive
- Fennel
- Fiddleheads
- Green Onions
- Jerusalem Artichokes
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onions
- Parsley
- Parsnips
- Pumpkin
- Radicchio
- Radish
- Rapini
- Romaine Lettuce
- Rutabaga
- Seaweed
- Spaghetti Squash
- Spinach
- Squash
- Sweet Potato
- Swiss Chard
- Taro
- Turnips
- Turnip Greens
- Watercress
- Yellow Crookneck
- Squash
- Yellow Squash
- Yam
- Zucchini

FRUIT

- Avocado
- Apples
- Apricot
- Bananas
- Blackberry
- Blueberry
- Cantaloupe
- Capers
- Cherries
- Coconut
- Cranberry
- Dates
- Figs
- Grapefruit
- Grapes
- Guava
- Honeydew
- Melon
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Nectarines
- Olives
- Oranges
- Papaya
- Passion Fruit
- Peaches
- Pears
- Persimmon
- Pineapple
- Plums
- Pomegranates
- Raspberry
- Rhubarb
- Star Fruit
- Strawberry
- Tangerine
- Watermelon

SWEETENERS

- Honey
- Maple syrup
- *** USE IN VERY SMALL QUANTITIES

MEAT, POULTRY, FISH

- All meat if organic and grass-fed
- All poultry if organic and preferably pasture raised (EGGS ARE NOT ALLOWED)
- All fish, wild caught if possible

HERBS AND SPICES

- Basil Leaves
- Bay Leaves
- Chamomile
- Chervil
- Chives
- Cilantro
- Cinnamon
- Cloves
- Dill Weed
- Garlic
- Ginger
- Horseradish
- Lavender
- Lemongrass
- Lime Leaves
- Mace
- Marjoram
- Onion powder/flakes
- Oregano
- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Salt
- Savory
- Spearmint
- Tarragon
- Thyme
- Turmeric
- Wasabi

OILS

- Avocado oil
- Coconut oil
- Olive oil
- Palm oil/shortening
- Lard
- Truffle oil

OTHER

- Aloe Vera
- Arrowroot powder
- Baking soda
- Bone broth
- Cassava flour
- Coconut aminos
- Coconut cream
- Coconut milk
- Coconut yogurt/kefir
- Collagen powder
- Cream of tartar
- Fish sauce
- Gelatin
- Tapioca starch
- Tea (herbal, green, black)
- Tigernut flour

No! Foods (Elimination Phase)

NIGHTSHADE FOODS

- Ashwagandha
- Capsicums
- Eggplant
- Gogi berries
- Gooseberries
- Huckleberries
- Pepinos
- Peppers (of any kind)
- Pimentos
- Tamarillos
- Tomatoes
- Tomatillos
- White Potatoes

BEANS AND LEGUMES

- Black beans
- Black-eyed peas
- Chickpeas
- Fava beans
- Garbanzo beans
- Kidney beans
- Lima beans
- Mung beans
- Navy beans
- Lentils
- Peanuts
- Pinto beans
- Snow peas
- Soy milk
- Sugar snap peas
- Soybeans
- Tofu
- White Beans

DAIRY

- All dairy products (milk, cheese, animal milk yogurt, kefir, ice cream, sour cream)

OTHER

- Eggs
- Imitation meat or fish
- Soy products (soy milk, tofu, tempeh, nato, miso)
- Coffee
- Cocoa bean/chocolate

GRAINS

- Barley
- Corn
- Millet
- Oats
- Rice
- Rye
- Quinoa
- Sorghum
- Spelt
- Wheat
- Grain products (pasta, bread, crackers, pancakes, cookies, pizza, rice cakes, etc.)

SWEETENERS

- Agave
- Artificial sweeteners
- Candy
- Coconut Sugar
- Corn Syrup
- Maltodextrin
- Rice Syrup
- Stevia
- Sugar

OILS

- Canola oil
- Corn oil
- Cottonseed oil
- Grapeseed oil
- Margarine
- Palm kernel oil
- Peanut oil
- Safflower oil
- Shortening
- Soybean oil
- Sunflower oil
- Vegetable oil

SEED BASED AND NIGHTSHADE SPICES

- Seed spices
- Anise seed
 - Annatto seed
 - Black caraway
 - Black pepper
 - Celery seed
 - Coriander Seed
 - Cumin
 - Dill seed
 - Fennel seed
 - Fenugreek
 - Mustard seed
 - Nutmeg
 - Poppy seed
 - Sesame seed

- Nightshade spices
- Cayenne pepper
 - Chili pepper flakes
 - Chili powder
 - Chinese five-spice powder
 - Curry powder
 - Garam masala spice
 - Paprika
 - Red Pepper
 - Red pepper flakes

NUTS AND SEEDS

- Almonds
- Brazil Nuts
- Chestnuts
- Hazelnuts
- Macadamias
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts