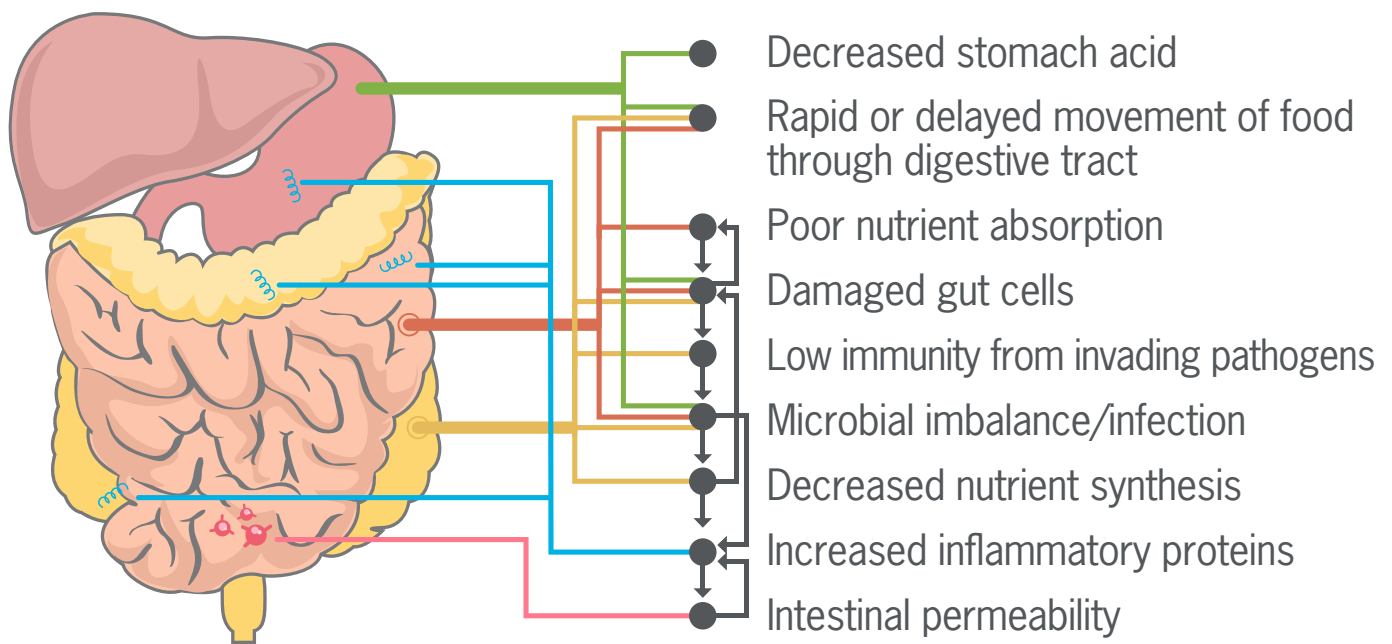


# ELIMINATION DIET: THE BEST WAY TO DO IT, AND THE SURPRISING HEALTH PROBLEMS YOU MIGHT SOLVE

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.



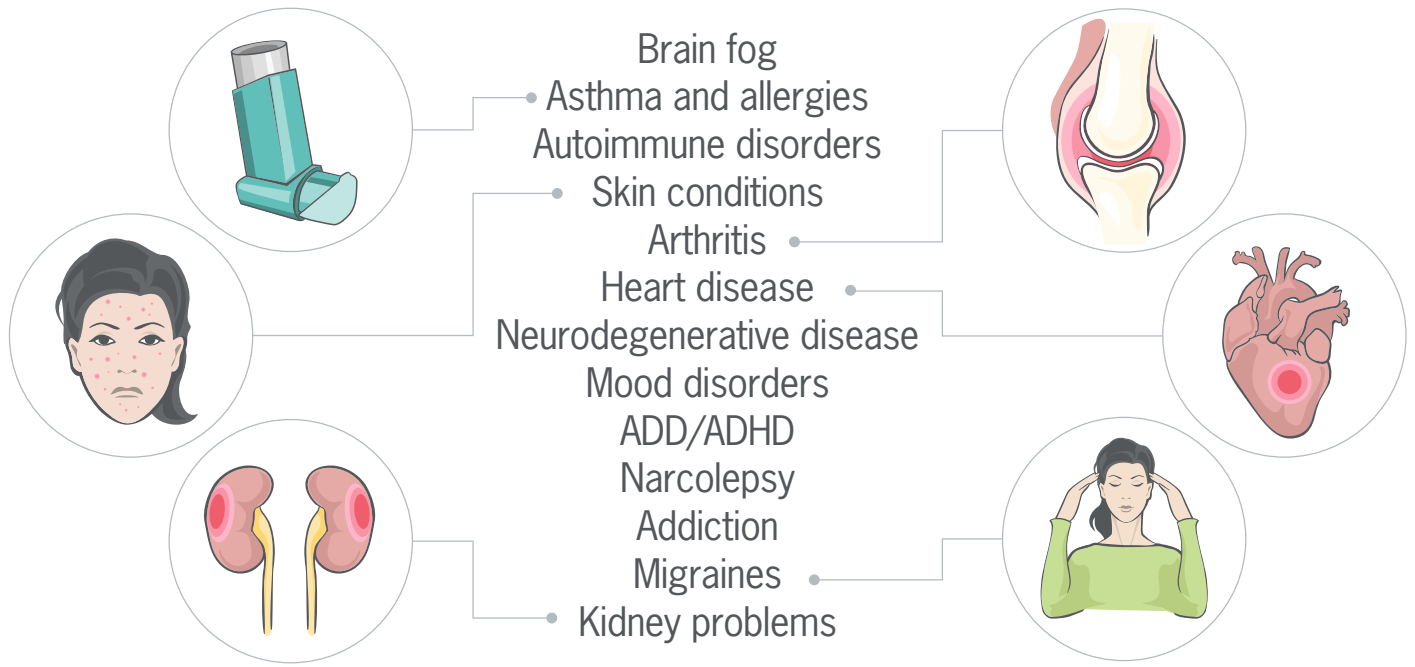
## TELLTALE SIGNS OF GI DYSFUNCTION

- Constipation
- Loose stools or diarrhea
- Burning in stomach
- Bad breath
- Gas
- Bloating
- Undigested food in stool
- Heartburn symptoms
- Foul smelling stool
- Nausea

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:



## HOW TO DO AN ELIMINATION DIET

Cutting out certain foods for awhile can help you detect dietary sensitivities you weren't aware of. Use this chart as a guide for your elimination diet, which should last three to four weeks.

FOODS TO EAT		FOODS TO ELIMINATE	
	Almost all fresh fruit	<b>FRUITS</b>	Citrus fruits
	Almost all fresh raw, steamed, sautéed, or roasted vegetables	<b>VEGETABLES</b>	Tomatoes, eggplant, white potatoes
	Rice*, buckwheat*	<b>STARCH</b>	Wheat, corn, barley, spelt, kamut, rye, oats, all gluten-containing products
		<b>LEGUMES</b>	Soybeans, tofu, tempeh, soy milk, all beans, peas, lentils

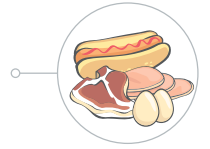
## NUTS AND SEEDS

All nuts and seeds



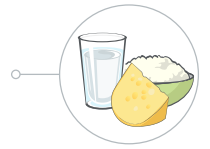
## MEAT AND FISH

Beef, chicken, pork, eggs, cold cuts, bacon, hotdogs, canned meat, sausage, shellfish, meat substitutes made from soy



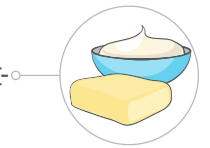
## DAIRY PRODUCTS AND MILK SUBSTITUTES

Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers



## FATS

Margarine, butter, processed and hydrogenated oils, mayonnaise, spreads



## BEVERAGES

Alcohol, caffeine (coffee, black tea, green tea, soda)



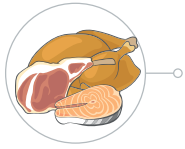
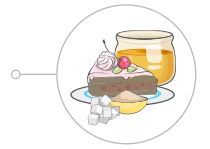
## SPICES AND CONDIMENTS

Chocolate, ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, vinegar

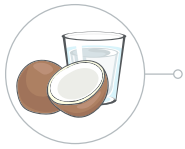


## SWEETENERS

White or brown sugar, honey, maple syrup, corn syrup, high fructose corn syrup, desserts



Fish, turkey, lamb, wild game



Unsweetened rice milk\*, coconut milk



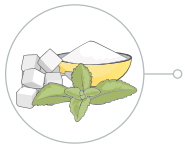
Cold-exPELLER pressed olive oil, flaxseed oil, coconut oil



Drink plenty of fresh water, herbal teas (e.g. rooibos, peppermint, etc.)



Sea salt, fresh pepper, fresh herbs and spices (i.e. garlic, cumin, dill, ginger, oregano, parsley, rosemary, thyme, turmeric)



Stevia (if needed)

\*May also be removed if you suspect specific sensitivity to grains.



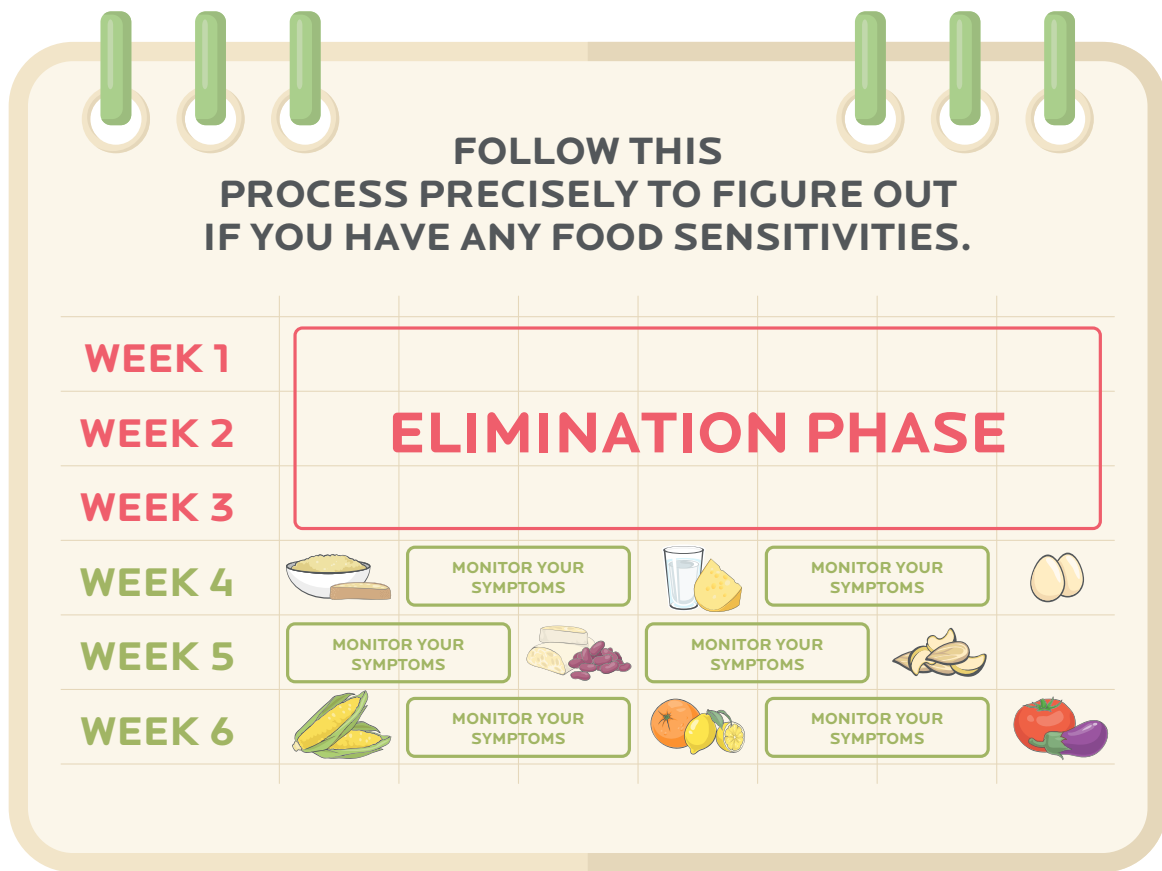
**ALSO CONSIDER ELIMINATING ANY FOODS YOU EAT VERY FREQUENTLY. CONSTANT EXPOSURE CAN ACTUALLY CAUSE YOU TO DEVELOP A SENSITIVITY.**

**HELPING YOUR CHILD WITH AN ELIMINATION DIET?  
FOR KIDS, THE PROCESS SHOULD ONLY LAST SEVEN TO 10 DAYS.**



# HOW TO REINTRODUCE THE FOODS

After the elimination period, reintroduce a single food group\* for one day only, then monitor your symptoms for two days. Continue this process for a few weeks to determine what may be causing issues.



\*The fewer foods you introduce in a given day, the more likely you are to pinpoint sensitivities (but the longer the process will take).

## 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
- Marked increase in energy (this can actually be a physical sign of stress)

# 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.

## CLEAN OUT YOUR KITCHEN:

Get rid of foods that aren't part of your elimination phase.



## KEEP A JOURNAL:

Writing down symptoms, energy and mood throughout the day can help you identify patterns related to the food you eat.

For the full article explaining this infographic:  
<http://www.precisionnutrition.com/elimination-diet>

 Precision Nutrition