

The Elimination Diet - General Shopping List

Food group	Enjoy	Avoid
Vegetables	Avocado, Alfalfa, Asian greens, Artichokes, Asparagus, Bean sprouts, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Capsicum, Carrots, Cauliflower, Celery, Coleslaw (dry), Cucumbers, Eggplant, Fennel, Garlic, Ginger, Green beans, Lettuce, Leeks, Mushrooms, Onions, Parsley, Peas, Potatoes, Pumpkin, Radishes, Rocket, Salad greens, Silver beets, Shallots, Snow peas, Spinach, Sprouts, Squash, String Beans, Sweet potatoes, Watercress, Zucchini. Fresh, frozen and pickled vegetables	Tomatoes, Corn
Fruit	Apples, Apricots, Bananas, Cherries, Custard apple, Dates, Fig, Grapes, Kiwi Fruit, Lychees, Mango, Nashi, Nectarine, Passionfruit, Peaches, Pears, Persimmon, Plums. All melons including Rockmelons, Watermelons, Papaya and Honey dew. All berries including Blackberries, Blueberries, Mulberries, Raspberries, Strawberries Fresh and dried fruits – no added sugar	Citrus fruits - Oranges, Mandarin, Lemons, Limes, Grapefruit Tomatoes Limit canned sweetened fruits
Nuts and seeds	Coconuts, Water chestnuts	All nuts, seeds, nut meals and nut butters. Almonds, Brazil nuts, Flax/ Linseed, Hazelnuts, Macadamias, Pepitas, Peanuts, Pine nuts, Sesame seeds, Sunflower, Walnuts, Cashews, etc.
Meats and Poultry	All meats including Beef, Kangaroo, Lamb, Veal and Pork. All poultry including Chicken, Quail, Turkey and Duck Gluten-Free processed meats with listed ingredients eg. some sausages	Salami, sandwich meats, crumbed or stuffed meats or chicken, sausages with unknown fillers
Fish and Seafood		All fish, seafood and shellfish
Eggs		All eggs including chicken, duck and quail
Cereals	Rice, millet and quinoa and all related products – rice noodles, rice crackers, puffed rice, puffed millet, rice cakes	Wheat, corn, rye, barley, oats, spelt, tricale, buckwheat and all products containing them – breads, breakfast cereals, snacks, pastries, cakes, etc.
Legumes, soy products	All legumes except soy, including Lentils, Chick peas, Kidney beans, Lima beans, Black eyed peas, Broad beans, Cannelini beans, Aduki beans, Green peas	Soy yoghurt, Soy milk, fermented soy products, Miso, Tofu, Tempeh, Peanuts
Fats and oils	Cold-pressed Olive and Coconut oil	Butter. Any other oil (derived from nuts and seeds) – Mixed vegetable oil, Sunflower, Safflower, Sesame, Walnut, Flax seed, Macadamia oil, etc.
Condiments and sauces	All herbs, spices, salt and pepper (check label for hidden fish, gluten, citrus, soy, tomato, nuts, dairy etc). Curry paste, Coconut milk, Herb infused olive oil,	Tomato, BBQ sauce, Soy sauce, Tahini, Tamari, Lemon juice, Lime juice, Pesto, Peanut or nut butters, Hummus, Eggplant dip (with lemon juice or tahini)

	Horseradish, Hot pickles, Hot chilli sauce, Mustard, Olives, Sweet Chilli, Tabasco, Vinegar, Wasabi, Worcestershire sauce, etc. Homemade dips without lemon juice or tahini (eg. eggplant, chick pea)	
Beverages	Water, all herbal, non-caffeinated teas including Peppermint, Rosehip and other herbal teas. Fruit juices (not citrus or tomato), Soda water, Diet drinks sweetened with sucralose (use sparingly)	Coffee, Black tea, Green tea, Chai tea, Hot/cold chocolate drinks, milk, flavoured milk, soft drinks, caffeinated drinks, citrus or tomato flavoured drinks
Dairy		Milk, Yoghurt, Butter, Cream, Custard, Ice cream, all Cheeses - soft and hard cheeses, fruit cheese
Dairy alternatives	Rice milk	Soy milk/yogurt/cheese
Sweeteners and Confectionery	Small amounts of white sugar , molasses, honey, fructose, fruit concentrates (not citrus), xylitol, Sucralose/ Splenda (955), Stevia (available at health food stores)	Chocolate, Lollies, all artificial sweeteners except Sucralose e.g. Aspartame (951)

Remember to

- Check labels of packaged foods carefully for any additives
- Eat foods as fresh as possible - don't eat leftovers more than 1 day old
- Keep sugar and salt intake to a minimum – read product labels

For recipe ideas, check out

- Swain AR, Soutter VL, Loblay RH. Friendly food: recipes for life. Royal Prince Alfred Hospital Allergy Unit. Murdoch books, Sydney 2002.
<http://www.cs.nsw.gov.au/rpa/allergy/resources/foodintol/friendlyfood.cfm>