

<b>The Elimination Diet - Sensitive Shopping List</b>		
<b>Food group</b>	<b>Enjoy</b>	<b>Avoid</b>
<b>Vegetables</b>	Carrots, Celery, Lettuce (Iceberg), Sweet potato Fresh, not pickled	All other vegetables
<b>Fruit</b>	Pears, Golden delicious apples (peeled)	All other fruits
<b>Nuts and seeds</b>		All nuts, seeds, nut meals and nut butters
<b>Meats and Poultry</b>	Lamb, chicken	All other meats Processed lamb or chicken products – sausages, sandwich meats, marinated products
<b>Fish and Seafood</b>		All fish, seafood and shellfish
<b>Eggs</b>		All eggs including chicken, duck and quail
<b>Cereals</b>	Rice and all related products – rice noodles, rice crackers, puffed rice, rice cakes (limit sweetened rice products)	All other grains
<b>Legumes, soy products</b>		All legumes and soy products
<b>Fats and oils</b>	Cold-pressed Olive oil	Butter. Any other oil (derived from nuts and seeds)
<b>Condiments and sauces</b>	Table salt, parsley	All other herbs, seasonings, spices and sauces
<b>Beverages</b>	Filtered / bottled /spring water, diluted pear juice	All other beverages – tea, coffee, juice, cordial, milk
<b>Dairy</b>		All dairy products
<b>Dairy alternatives</b>	Rice milk	Soy milk, nut milk
<b>Sweeteners and Confectionery</b>	White sugar – small amounts	Chocolate, Lollies, Sucralose/Splenda (955), Stevia (available at health food stores), Molasses, Honey, Fructose, Fruit concentrates, Xylitol. All other artificial sweeteners e.g. Aspartame (951)

Remember to

- Cook all meats well
- Trim meat of visible fat
- Wash and peel all fruits and vegetables
- 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
- Buy organic produce where possible

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>