

FOOD TO AVOID ON BASIC ELIMINATION DIET

This is a very basic Elimination Diet.

The following food are possible causative agents for food sensitivity and are excluded from a basic elimination diet.

Therefore eliminating them for 2 weeks and reintroducing them one by one, every 3 days and tracking your symptoms will provide an idea about your food sensitivities. Please bear in mind that some of you may need a deeper dive, particularly if your score in the Gut Symptoms Questionnaire is high.

<https://drkarmd.com/gut-symptoms-questionnaire-2/>

FOOD TO AVOID

- **Alcohol:** beer, wine and all spirits
- **All Gluten-containing Food :** Bread, biscuits, cakes, pastries, Dalia, Sooji.
All Gluten Containing Grains: Wheat, rye, barley, bulgur, wheat berries, oats.
- **Refined grains:** white flours, white pastas, white breads
- **Processed and packaged foods:** chips, pastas, frozen dinners, white breads, energy bars. If it has a food label, it is likely on the 'Avoid' list. (These foods are high in refined carbohydrates, sugars and chemicals.)
- **Corn**
- **Fish and seafood:** all fin and shellfish
- **Factory-farmed and processed meats:** including chicken, turkey, pork, beef, veal, cold cuts, canned meats, hot dogs, sausage
- **Soy products** including tofu, soy sauce, edamame
- **Eggs**
- **Dairy:** all cow and goat's milk products
- **Candies & sweets:** all candy including milk chocolate.
- **Sweeteners:** processed sugars (white, brown, beet, coconut), corn syrup, Agave, Stevia and all artificial sweeteners (including Equal, Splenda and Sweet 'n Low)
- **Soda, carbonated and other sweetened beverages:** teas, sodas and other processed beverages
- **Fats and Oils:** Animal-based saturated fats including butter, processed and refined oils including canola oil (rapeseed oil), vegetable oil, and nut oils (walnut oil, almond oil) , sunflower oil, soyabean oil.