Elimination-Diet Chart

From the Gut and Microbiome Toolbox: Step One - Remove What Is Disrupting the Gut.

This is a temporary trial chart, not a permanent diet or a food-allergy test. Arrange guidance from a clinician or registered dietitian before restricting multiple food groups. Do not reintroduce a known or suspected food allergen on your own. If celiac disease is possible, discuss testing before removing gluten.

Food group	Foods to choose	Foods to temporarily avoid
Protein	Plain meat, poultry, and fish.	Soy-based proteins; eggs, breaded or processed products containing excluded ingredients.
Vegetables	All vegetables, with corn excluded for this trial. Include potatoes, sweet potatoes, and squash.	Corn and foods made with corn.
Fruit	Berries, apples, pears, peaches, plums, nectarines, grapes, melon, and kiwi.	Fruit juice and dried fruit. Use the listed whole fruits during this phase.
Grains and grain-type foods	White rice and quinoa only.	Wheat, oats, barley, rye, brown rice, other grains, and grain products. Avoid gluten-containing foods.
Dairy	No dairy ingredients.	Milk, cheese, yogurt, kefir, cream, butter, and other dairy-based products.
Nuts and peanuts	No nuts or peanuts	Peanuts and tree nuts, including nut butters and nut-based drinks.
Fats	Olive oil, avocado oil, avocados, and olives. Seeds including pumpkin and sunflower seeds	Butter and fats or dressings made with excluded ingredients, including soy or corn oils.
Sweeteners and packaged foods	Choose plain, minimally processed foods from the permitted list. May use stevia or allulose as a sweetener	Added sugar, sweets, and ultra-processed foods. Check ingredient labels.
Drinks	Water.	Alcohol, fruit juice, and sugar-sweetened drinks.

Use the Food and Symptom Tracking Worksheet to record meals, symptoms, and other factors. Review the book and agree on a nutritionally adequate elimination and reintroduction plan with your healthcare professional.

Safety references: ACAAI, Food Allergy Testing and Diagnosis (acaai.org); NIDDK, Diagnosis of Celiac Disease (niddk.nih.gov).