

ELIMINATION DIET

MEATS

Beef
Pork
Fowl
Fish

VEGETABLES

Lettuce
Greens
Broccoli
Carrots
Radishes
Cucumbers
Celery
Potatoes (Mashed, Baked, Fried)
Potato Chips

DRINKS

Tea
Kool-Aid
Grape Juice
Apple Juice
Dr. Pepper
Root Beer
Water

FRUIT

Apples
Grapes

MISCELLANEOUS

Margarine

All of the above foods may be eaten.

After one week, you may add foods from only one of the following food groups. Eat these foods at breakfast, lunch and supper. After two to three days, if you have experienced no symptoms, you may add one other group of foods to your diet. Proceed as above until all groups have been added. If any symptoms do occur, discontinue eating that particular group you have just added and do not start another group until symptoms have subsided. Once symptoms have subsided, go on to the next group. You may add groups of foods in any order.

Milk, Cheese, Ice Cream
Eggs, Mayonnaise
Chocolate, Cola, Pepsi, Mt. Dew, Coffee
Wheat
Beans, Green and others, Peas
Corn, Fritos
Tomatoes, Catsup, Citrus Fruits
Peanut Butter, Peanuts