

MODIFIED ELIMINATION DIET

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SPECIALIZING IN FOOD SENSITIVITY & DIGESTIVE HEALTH

FOOD GROUPS	ALLOWED	AVOID
Meat, Poultry, Fish, Legumes	Poultry, Lamb, Bison/Buffalo, Venison, Eggs*, all Legumes, Dried Peas and Lentils, Cold-water Fish (like Salmon, Halibut, and Sardines)	Beef, Pork, Veal, Cold Cuts, Hotdogs, Sausage, Canned Meats, Tuna, Mackerel, Shellfish
Dairy Products	Unsweetened live-cultured Plain Yogurt* or Kefir, Milk Substitutes (like Rice Milk and unsweetened Soy Beverages)	Milk, Buttermilk, Cheese, Ice Cream, Non-dairy Creamers, Commercial Yogurt, Creamed Soup, Creamed Vegetables
Starch	Sweet Potatoes, Rice, Tapioca, Buckwheat, Quinoa, and Gluten-free products	All Gluten-containing products (like Gluten-containing Pasta), Corn*
Soups	Clear Vegetable-based Broth, Homemade Soups with allowed ingredients	Commercially-prepared Soups, Cream Soups
Vegetables	All Vegetables, preferably organic, fresh, frozen, or freshly juiced (especially Cabbage, Broccoli, Cauliflower, Brussels Sprouts, Kale, Collards, Radishes, Watercress)	Creamed Vegetables, with Cheese or Butter Sauce, or in casseroles, Nightshades (like Tomatoes, Potatoes, Eggplant, Peppers)
Beverages	Unsweetened Fruit or Vegetable Juices (preferably organic), Filtered Water, Caffeine-free Herbal Tea	Milk, Coffee, Tea, Cocoa, Alcoholic beverages, Soda, Sweetened beverages, Citrus/Caffeinated Herbal Tea
Breads, Cereals	Any 100% Whole Grain made from Rice, Corn*, Oat*, Buckwheat, Millet, Soy*, Tapioca, Quinoa, Arrowroot, or Gluten-free flour-based products	All made from Wheat, Spelt, Kamut, Rye, Barley, Potato, Amaranth, Gluten-containing foods; avoid yeast if sensitive
Fruits	Preferably organic, fresh, unsweetened, frozen and/or canned Fruits (preferably low-glycemic and low-mold)	Citrus, Strawberries, Sulfite-containing Dried Fruits, Sweetened Fruit Drinks (or Fruitades), Jams, Jellies, Preserves
Fats, Oils, Nuts	Oils: cold-pressed, unrefined Canola, Flax, Olive, or Sunflower Butters: Ghee, Sunflower, Flax, Pumpkin, Squashseed Salad Dressings: fresh made from allowed ingredients (preservative/additive free) Nuts (raw or dry roasted): Almonds, Pecans, Walnuts, Macadamia, Brazil, Filberts	Margarine, Shortening, Unclarified Butter, Refined Oils, Peanuts, Salad Dressings and Spreads, Nuts/Nut Butters made with extra Fat and/or Sugar
Sweeteners	Brown Rice Syrup, Fruit Sweeteners, Agave, Stevia, Xylitol	Brown Sugar, White Sugar, Honey, Molasses, Maple Syrup, High-Fructose Corn Syrup, All Artificial Sweeteners
Condiments	Any Salt-free Herbs, Seasonings, and Seeds, Balsamic or Rice Vinegar	Salt, Soy Sauce, Mayonnaise, Ketchup, Relish

**These foods may not be tolerated by some individuals.*