



Jade Mountain Autoimmune Elimination Diet

Common Food Allergens/Sensitivities to avoid

All Grains: examples - amaranth, barley, buckwheat, bulgur, corn, couscous, kamut, millet, oats, quinoa, rice, rye, spelt, wheat, wheat germ, etc.

All Dairy: examples - butter (*Ghee is OK), all cheese, cow milk, creams, frozen desserts, goat milk, margarine, mayonnaise, sheep milk, whey, yogurt, etc.

All Eggs and egg products

Fruits: examples - bananas, canned fruits, all dried fruits, mango, pineapple, raisins, watermelon, papaya, etc. A small amount of berries can be OK.

Nuts and Seeds: examples - cocoa, walnuts, cashews, hazelnuts, almonds, peanuts, sunflower seeds, sesame seeds, etc.

Chips of all kinds

Popcorn

All Sugars and sweeteners: examples - agave, candy, chocolate, corn syrup, fructose, high fructose corn syrup, honey, maple syrup, molasses, sucrose, coconut sugar, and all polyols such as xylitol and erythritol.

All Gluten-Containing Compounds, and All Food Additives: examples – most store bought sauces and salad dressings, binders, bouillon, brewer's yeast, processed meats, condiments, emulsifiers, fillers, hot hydrolyzed plant and vegetable protein, malt and malt flavoring, malt vinegar, modified food starch, MSG, nondairy creamers, seitan, textured vegetable protein.

Beans and Legumes: examples - black beans, lentils, peanuts, peas, pinto beans, soybeans etc.

Nightshades (Solanacea): examples – tomatoes, peppers, eggplant, potatoes, tomatillos.

Other foods to avoid during elimination period

Caffeine: examples – tea, coffee, mate, etc.

All Alcohol

Fried, rich or spicy foods

Some Spices: examples - cayenne, nutmeg, paprika

Processed/prepared foods such as pasta or canned soup

Good food choices during elimination period

Lots of vegetables! Lightly steamed is best, and soups and stews are excellent.

Organic, free range, pasture-raised meats

Wild-caught, fast swimming cold-water fish

Avocado

Seaweed

Berries

Coconut, Sesame oil, Olive oil, Avocado oil, Coconut oil/butter/milk, lard



Most Herbal Teas

Lemon or Basil Water – some mineral water is OK.

Spices are ok but keep food simple, lightly cooked and mildly spiced – olive oil, sea salt and fresh herbs are optimal choices during this time.

After a period of between 3 weeks and 3 months, depending on your results, add in one item from the list of foods to avoid and **eat a lot of it that day**. Watch for any symptoms of reactivity from the food being tested [fatigue, insomnia, nausea, headache, mental fogginess, diarrhea, constipation, gas, etc]. If no reaction occurs, then that food is ok, meaning it is now a part of your diet, and you can then introduce a new food. If you *do* experience a reaction, **go back to the elimination diet for three days**, before trying the next food from the list. Continue this process – *no* reaction = introduce another food the following day - *yes* reaction = go back on the elimination diet (including any foods from the list that already tested OK) for the next three days. If there are any other foods you feel might be questionable for you personally, this is a great time to experiment and see how they affect your body!

Your basic diet consists of lots of vegetables, good fats (avocado, coconut, olive, sesame, ghee), and high quality protein which includes free-range/organic animal protein, wild-caught fish, and bone broths.