

Elimination Diet

For the Step 1 program, we usually begin with a very simple elimination diet, which means removing processed white, sugar and white flour products, gluten, corn, dairy, and soy from your diet for a period of 3 weeks. When the 3 weeks are over, follow the instructions on the handout “Instructions for Reintroducing Food”. This process will help you discover if you have hidden food sensitivities. There is much more information about how to do this experiment and how to eat for immune health in Chapters 2 and 3 in The Immune System Recovery Plan.

Here is a summary of the four food categories, what you should remove and what you can eat as a substitute. Obviously, if you already know you have an allergy or sensitivity to a particular food that’s on the “Foods to Include” list, don’t eat it!

Food Category	Food To Remove	Food To Include
Vegetables	Whole corn, corn syrup, corn starch as an ingredient on food labels.	All vegetables, steamed or sautéed in olive or coconut oil.
Starch, Bread, Cereal	All grains that contain gluten including wheat, barley, spelt, kamut, rye, and oats. All white flour processed cookies, cakes, pretzels, even if gluten free.	Rice, millet, buckwheat, and quinoa. Oats are okay if they say “gluten free.”
Legumes	All soy products, including tempeh, tofu, edamame, soy sauce, and tamari. Soy as an ingredient on food labels	Lentils, chick peas, and all beans.
Dairy	All cow, sheep, and goat milk, yogurt, kefir, cheese, and butter. Casein and whey as an ingredient on food labels.	Dairy substitutes: almond, rice, coconut, and hemp milk. Coconut milk yogurt and kefir