

LIFE-SPAN ELIMINATION DIET

For Patients who **complain of recurrent gastro-intestinal problems** such as diarrhea, food allergies or intolerances, or environmental or chemical sensitivities, this diet is low in fat, dairy, gluten and is usually very well tolerated.

Guideline Overview:

1. **Eliminate all dairy products** such as milk, cheese, ice cream, and yogurt.
2. **Avoid meats such as beef and pork.** Use, chicken, turkey, lamb, and cold-water fish such as salmon, mackerel, and halibut, provided the patient is not allergic to any of these foods. Use only organic or free-range where possible.
3. **Eliminate all gluten-containing products.** These include wheat, spelt, kamut, oats, rye, barley, amaranth, quinoa, or malts. This is the most difficult part of the diet but is also the most important. Gluten is contained in many common foods such as breads, crackers, pasta, cereals, baking flour, pastries, etc. Use products made from rice, corn, buckwheat, and any gluten-free flour, potato, tapioca, and arrowroot.
4. Drink at least **64 oz. of water/day.**
5. **Avoid all alcohol containing products** including beer, wine, liquor, and over the counter products that contain alcohol. Also **avoid all caffeine** containing beverages including coffee, caffeine containing soda and teas. Coffee substitutes from gluten containing grains should also be avoided including decaffeinated coffee.

Diet Summary

Food Group	Allowed	Avoid
Meats, Fish, Poultry	Chicken, Turkey, Lamb, all Legumes, Dried Peas and Lentils, Cold-water Fish such as Salmon, Haddock, Mackerel	Cold cuts, Red Meats, Frankfurter, Sausage, Canned Sausage, Canned Meat, Eggs
Dairy Products	Milk substitutes such as Rice Milk, Nut Milks, and Soy beverages	Milk, Cheese, Ice-cream, Cream, Non-dairy Creamers
Starch	White or Sweet Potato, Rice Tapioca, Buckwheat, Gluten-free products	All Gluten Containing products, including Gluten-containing Pasta
Soups	Clear, Vegetable-based Broth, Homemade Vegetarian soups	Canned or Cream Soups
Vegetables	All Vegetables, Preferably Fresh, Frozen, or Freshly Juiced	Creamed or in Casseroles
Beverages	Unsweetened Fruit or Vegetable Juices, Water, Non-citrus Herbal Teas	Milk, Coffee, Tea, Cocoa, Postum, Alcoholic Beverages, Soda, Sweetened Beverages, Citrus
Breads/Cereals	Any made from Rice, Corn, Buckwheat, Millet, Soy, Potato Flour, Tapioca, Arrowroot, or Gluten-free Flour based Products	All made from Wheat, Oils, Spelt, Kamut, Rye, Barley Amaranth, Quinoa, or Gluten Containing Products
Fruits	Unsweetened Fresh, Frozen, or Water Packed, Canned Fruits, Excluding Citrus and Strawberries	Fruit Drinks, Citrus, Strawberries, Dried Fruits
Fats/Oils/Nuts	Cold/Expeller Pressed, Unrefined, Flax, Olive or Sunflower Oils, Ghee, Sunflower, Sesame, Flax, Pumpkin, Squash Seeds, Salad Dressings made from Allowed Ingredients, Almonds, Cashews, Pecans, Walnuts	Margarine, Shortening, Unclarified Butter, Refined Oils, Peanuts, Salad Dressings, and Spreads



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