

Basic Elimination Diet (BED)

(Shopping List)

Vegetables

Alfalfa Sprouts
Artichoke
Asparagus
Avocado
Beans (string)
Beets
Bok Choy
Broccoli
Brussels Sprout
Cabbage
Carrots
Cauliflower
Celery
Chard
Collard Greens
Cucumber
Daikon Radish
Endive
Escarole
Jicama
Kale
Kelp
Kohlrabi
Leeks
Lettuce
Mushrooms
Mustard Greens
Okra
Onions
Parsnips
Radishes
Rutabaga
Seaweed
Snow Peas
Spinach
Squash
Sweet Potato
Swiss Chard

Taro
Turnips
Water Chestnuts
Yams
Zucchini

Fruit

Apples
Apricots
Banana
Blackberries
Blueberries
Grapes
Kiwi
Mango
Melon
Nectarine
Papaya
Peaches
Pears
Pineapple
Plums
Pomegranate
Prunes
Raspberries
Strawberries
Watermelon

Grains

Amaranth
Buckwheat
Millet
Puffed Rice
Rice Brown
Rice Bread
Rice Cakes (plain)
Rice Cereals (plain)
Rice Milk
Rice Pasta

Quinoa

Beans/Legumes

Dried Beans
Dried Peas
Edamame
Lentils
Miso
Soy Milk
Tempeh
Tofu (Soy Bean)

Nuts and Seeds

Almonds
Almond Milk
Flaxseeds
Hazelnuts
Pecans
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

Animal Foods (optional)

Beef
Chicken
Lamb
Pork
Poultry
Turkey
Wild Game
Cod
Halibut
Mackerel
Salmon
Sole
Trout
Tuna