



TOOL KIT FOR
ELIMINATION DIET



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Food Swaps/ Perplacements 01 - 02

Gluten:

GLUTEN-CONTAINING GRAINS	GLUTEN-FREE GRAINS
<ul style="list-style-type: none"> ○ Atta ○ Refined wheat flour ○ Bulgur wheat ○ Couscous ○ Rye ○ Barley 	<ul style="list-style-type: none"> ○ Quinoa ○ Millets - Buckwheat, Amaranth, Sorghum, Pearl, Little millet, Kodo, Foxtail ○ Rice - Wild rice, red rice, brown rice ○ Seeds- Chia/ Flax ○ Almond flour

Hidden Gluten:

Names - Atta, bran, bulgar, couscous, durum, farro, brewer's yeast, Triticum vulgare (wheat), Triticum spelta

Can be found hidden in - Soy sauces, cornflakes, salad dressings, vinegar, mustard, cheese, yeast spreads, meat substitutes, frozen vegetables, pickles, nuts, corn or potato chips, & energy bars. Gluten may be present as malt in some of these products. The risk of cross-contamination also persists for nuts and oats. Hence reading the nutritional labels becomes very important.

Dairy:

REPLACE THIS	WITH THIS
<ul style="list-style-type: none"> ○ Animal Milk 	<ul style="list-style-type: none"> ○ Almond Milk ○ Coconut Milk ○ Soy Milk ○ Oat Milk* ○ Any other nut Milk [<i>hazelnuts/ pistachios</i>]
<ul style="list-style-type: none"> ○ Yogurt 	<ul style="list-style-type: none"> ○ Coconut Yogurt
<ul style="list-style-type: none"> ○ Cheese/ Sour cream 	<ul style="list-style-type: none"> ○ Cashew cream*
<ul style="list-style-type: none"> ○ Icecreams 	<ul style="list-style-type: none"> ○ Frozen berries or fruits of choice blended with nut milk
<ul style="list-style-type: none"> ○ Butter 	<ul style="list-style-type: none"> ○ Coconut butter/ Almond butter/ Tahini

Some soy milk can contain casein, so it is important to read the nutritional labels carefully.

Miscellaneous:

Hidden Gluten:

Oils- You can choose the following oils while on an Elimination Diet – Olive oil, Sesame seed oil, Flaxseed oil [not to be used in cooking], Avocado oil, Ghee and Organic butter.

Coffee/ Tea- Herbal tea- [Ginger lemon/ Chamomile]

Peanut butter- Almond butter/ Cashew butter/ Pistachio butter

Eggs- Flaxegg or chia seeds soaked in water can be a good replacement for eggs in recipes

Spices and condiments- Almost all spices found in your kitchen can be included in the Elimination diet plan & contain massive nutritional value. However, reading nutritional labels becomes important here as well to check for hidden gluten or malt or certain additives and preservatives.

Protein Sources

FOOD ITEM	AMOUNT [g]	PROTEIN
○ Protein powder - plant-based [hemp/ rice/ peas]	Per 30 g/ serve	20-24 g
○ Chicken	100 g	25 g
○ Fish	100 g	23-25 g
○ Lentils	Cooked 100 g	7-9 g
○ Peas and beans	Cooked 100 g	7-9 g
○ Spirulina	1 tbsp	4 g
○ Chia seeds	15 g	2.5 g
○ Hemp seeds	30 g	9 g