

Common Allergies: Foods to Avoid in the Elimination Diet

Milk or milk products

- Breads
- Butter
- Candies
- Cheese
- Cookies
- Ice Cream
- Lunch Meats
- Margarines
- Milk Processed Foods
- Soups

Wheat or Wheat Products

- Batters
- Bread
- Candies
- Cereals
- Cookies
- Gravies
- Lunch Meats
- Processed Foods
- Salad Dressing
- Soups

Corn or Corn Products

- Bacon
- Breads
- Candies
- Cereals
- Corn Chips
- Corn Oil
- Corn starch
- Corn Syrup
- Ketchup
- Pastries
- Peanut Butter
- Popcorn

Eggs or egg products

- Cakes
- Cookies
- Ice Cream
- Macaroni
- Noodles
- Pancake mix
- Pies
- Salad Dressings

Beverages

- Alcohol
- Carbonated Beverages

- Coffee
- Tea (except herbal)

Sugar Products

- Candies
- Cookies
- Ketchup
- Salad dressings
- Soft Drinks
- Sucrose and Dextrose

Processed foods

- Color Added
- Flavor Added
- Food Antioxidants such as:
 - o Butylated hydroxyanisole (BHA)
 - o Butylated hydroxytoluene (BHT)
- Karaya and other Gums
- Monosodium Glutamate (MSG)
- Nitrite Added
- Sulfite

Chocolate/ Cola

- Candy
- Cereal
- Desserts
- Snack Foods
- Soft Drinks

Citrus Products (esp. Processed)

- Citrus flavoring
- Grapefruits
- Lemons
- Limes
- Oranges
- Soft Drinks

Other Products

- Aspartame
- Baker's yeast
- Brewer's yeast
- Black Pepper
- Canned Foods
- Mustard
- Peanuts
- Preserved or Processed meats
- Saccharin
- Salt (iodized regular table salt)
- Soy Products
- Spices