**Common Allergies: Foods to Avoid in the Elimination Diet**

**Milk or milk products**
- Bread
- Butter
- Candies
- Cheese
- Cookies
- Ice Cream
- Lunch Meats
- Margarines
- Milk Processed Foods
- Soups

**Sugar Products**
- Candies
- Cookies
- Ketchup
- Salad dressings
- Soft Drinks
- Sucrose and Dextrose

**Processed foods**
- Color Added
- Flavor Added
- Food Antioxidants such as:
  - Butylated hydroxyanisole (BHA)
  - 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