



Mardian Natural Medicine

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Hypoallergenic Diet

The following chart includes the foods to consume or avoid during the diet: Consume only the allowed foods, and do not consume those to avoid. Upon follow-up, it will be determined what additional measures (if any) will need to be implemented.

Vegetables:	
Consume	<ol style="list-style-type: none"> 1. All fresh vegetables (try to incorporate all vegetables such as asparagus, Brussel sprouts, celery, cauliflower, cabbage onions, garlic, carrots, beets, leeks, green beans, broccoli, leafy greens – kale, mustard greens, turnip greens, bok choy, watercress etc.) 2. Sweet potatoes, Yams, Squash, Pumpkin, (Very soothing on the GI) 3. Sprouts: sunflower sprouts, pea and bean sprouts (esp. alfalfa & red clover as they help with detoxification)
Avoid	<ol style="list-style-type: none"> 1. Tomatoes, corn, mushrooms, green peppers, red pepper, bell peppers, potatoes 2. If ragweed allergy present then eliminate artichokes, iceberg lettuce, sunflower seeds, dandelion, chamomile and chicory.
Fruits:	
Consume	<ol style="list-style-type: none"> 1. All fresh/frozen fruits (see exceptions below) 2. All berries fresh or frozen (except strawberries) 3. All jams and fruit sauces of allowed fruits (with no sugars or preservatives added)
Avoid	<ol style="list-style-type: none"> 1. Bananas (are often treated with ripening chemicals) 2. Citrus (oranges, grapefruit, and any citric acid containing beverage) 3. Melons (often contain and promote mold growth) 4. Strawberries 5. Peaches and apricots 6. Apples 7. Dried fruits (does not include dates, organic-sulfite free raisins, sulfite free-figs, or unsweetened dried sulfite free cranberries)
Grains and Cereals:	
Consume	<ol style="list-style-type: none"> 1. Brown rice, millet, buckwheat, quinoa, tapioca, teff, amaranth 2. Pasta, cereals and pastry made from these grains.

Avoid	<ol style="list-style-type: none"> 1. All gluten-containing grains (wheat, spelt, rye, oats, barley) and breads, pasta & other products from flour of these
Legumes and Lentils:	
Consume	<ol style="list-style-type: none"> 1. All legumes: beans and lentils (all beans, fresh/frozen/dried) 2. All peas (fresh/frozen/dried)
Avoid	<ol style="list-style-type: none"> 1. Soy beans & soy products (tofu, soy milk, soy sauce, miso, tempeh) 2. Soy is another common allergen.
Nuts and seeds:	
Consume	<ol style="list-style-type: none"> 1. Raw almonds, walnuts, sesame seeds, pumpkin seeds, sunflower seeds
Avoid	<ol style="list-style-type: none"> 1. Peanuts, pistachios, cashews, brazil nuts, hazelnuts 2. Any nuts or seeds that are salted or flavored in some way
Animal products:	
Consume	<ol style="list-style-type: none"> 1. Free-range chicken & turkey breast (best if organic) 2. Lamb (best if organic) 3. Wild game 4. Wild Fish of any kind (except Shark, Swordfish, King mackerel, and Tilefish) 5. Farmed organic fish
Avoid	<ol style="list-style-type: none"> 1. Red meats (beef, pork, bacon), processed meats (hotdogs, salami, wieners, sausage, canned meats, smoked meats) these all contain flour additives and coloring and preservatives 2. Dairy (milk, cream, sour cream, cheese, butter, yogurt) 3. Eggs 4. Sea food: Shell-fish, Shrimp, Lobster, Scallops, Crab 5. Catfish, Shark, Swordfish, King mackerel, and Tilefish 6. Farmed Inorganic Fish
Oils:	
Consume	<ol style="list-style-type: none"> 1. Virgin olive oil, cold or with low heat cooking 2. Coconut oil for high heat cooking 3. Cold pressed sunflower oil, sesame oil, and flax oil for dressing and no heat recipes
Avoid	<ol style="list-style-type: none"> 1. All other oils 2. Refined oils, margarine, shortening
Condiments:	
Consume	<ol style="list-style-type: none"> 1. Sea salt 2. All herbs (e.g. parsley, coriander, watercress, dill, basil, thyme, oregano, garlic, ginger) 3. Most spices (e.g. turmeric, fennel, cinnamon, black pepper) 4. Spreads: nut/seed butters (e.g. almond, sesame (tahini), sunflower), bean dips (e.g. hummus) 5. Sauces: pesto, mustard w/ no additives 6. Apple cider/ brown rice vinegar 7. Sweeteners: stevia (green/brown, unprocessed) and un-pasteurized honey in moderation.
Avoid	<ol style="list-style-type: none"> 1. Regular table salt (table salt is not necessarily a food allergen, it just does not have the added minerals and benefits of sea salt) 2. Avoid peppers from the nightshade family (Cayenne pepper, red pepper, paprika, jalapeno, curry mix) 3. All sweeteners (corn/ brown rice/ maple syrups, molasses, brown/ white sugar,

	<p>glucose, maltose, maltodextrose, etc.) This includes desserts & all processed foods high in sugars.</p> <ol style="list-style-type: none"> 4. MSG 5. All food additives, preservatives, and coloring.
Drinks:	
Consume	<ol style="list-style-type: none"> 1. Filtered water, at least 6-8 glasses/day 2. 100% fresh fruit & fresh vegetable juices 3. Herbal teas: roobois tea, peppermint, nettle leaf tea, chamomile, licorice root, passion flower, dandelion, milk thistle, and any other herbal tea 4. Green tea 5. Rice milk (unsweetened) 6. Nut milks (unsweetened)
Avoid	<ol style="list-style-type: none"> 1. Caffeinated beverages (coffee, black tea, soda...green tea is an exception) 2. Alcohol 3. Dairy (milk & other dairy products) 4. Soy milk 5. All fruit drinks high in refined sugar and added sugar 6. All vegetable drinks high in salt