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Elimination Diet by Dr. Alejandro Junger

Yes! Include These Foods	No! Exclude These Foods
<i>Fruits:</i> whole fruits unsweetened, frozen or water packed, diluted natural juices	Oranges, orange juice, grapefruit, strawberries, grapes, bananas
<i>Dairy Substitutes:</i> rice, nut milks such as almond milk and coconut milk	Dairy and eggs, milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, nondairy creamers, canned coconut milk
<i>Non-gluten Grains and Starch:</i> brown rice, millet, quinoa, amaranth, buckwheat	Wheat, corn, barley, splot, kamut, rye, couscous, oats
<i>Animal Protein:</i> cold water fish, wild game, lean lamb, duck, chicken, turkey	Raw fish, pork, beef, veal, sausage, cold cuts, canned meats, hot dogs, shellfish
<i>Vegetable Protein:</i> split peas, lentils, legumes	Soybean products (soy sauce, soybean oil in processed foods, tempeh, tofu, soy milk, soy yogurt)
<i>Nuts and Seeds:</i> sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, cashews, walnuts, nut and seed butters (organic)	Peanuts, peanut butter, pistachios, macadamia nuts
<i>Vegetables:</i> preferably fresh, raw, steamed, sautéed, juiced, roasted	Corn, creamed vegetables, tomatoes, potatoes, eggplants, peppers, sweet potatoes
<i>Oils:</i> cold pressed olive, fax, safflower, sesame, almond, sunflower, canola, pumpkin, walnut, coconut	Butter, margarine, shortening, processed oils, salad dressings, mayonnaise, spreads
<i>Drinks:</i> filtered water, green tea, herbal teas, seltzer or mineral water, yerba mate	Alcohol, coffee, caffeinated beverages, soda pop, soft drinks
<i>Sweeteners:</i> brown rice sugar, agave nectar, stevia	Refined sugar, white or brown sugars, honey, maple syrup, high-fructose corn syrup, evaporated cane sugar, Splenda, Equal, Sweet N Low
<i>Condiments:</i> vinegar, all-spice, sea salt, dried pepper, basil carob, cinnamon, cumin dill, garlic, ginger, mustard, oregano, parsley, rosemary, turmeric, thyme, raw cacao, small amounts of miso, small amounts of wheat-free tamari	Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki sauce, other similar condiments

This diet eliminates acid-forming foods, difficult to digest foods and potential allergens.

You can eat as much as you want on the Yes list!
Try to eat organic as much as possible.
Give it 3 weeks to see how you and baby feel.

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