

BASIC FOOD ELIMINATION DIET

- RICE:** Rice cakes or Rice Crispiés
(for breakfast Rice Crispiés can be eaten with fruit juice)
- JUICES:** Only Ceres or Liquifruit Pear, Apple or Grape Juice
- FRUIT:** Apricots, Peaches, Pears, Apples
(stewed or fresh and peeled)
- MEAT:** Chicken (preferably free-range chicken)
Lamb (no cured lamb)
- VEGETABLES:** Asparagus, Beetroot, Carrots, Lettuce, Sweet Potatoes,
Potatoes, Butternut, Squash
- OTHER:** Olive oil, Sunflower oil, Honey, Cane or Beet sugar, Salt
- BEVERAGES:** Black tea, Rooibos tea
- NB:**
1. Avoid all preservatives, tinned or packet foods.
 2. Avoid all pills, including multivitamins
(except contraceptive pills)
- NOTE:**
1. This diet is not nutritionally complete. Use for up to 14 days only. (It is particularly calcium deficient).
 2. You should obtain a sufficient caloric intake on this diet. This diet is balanced with respect to starch, protein and carbohydrate.
 3. If you are unsure about sufficient caloric intake, discuss it with your dietician.
 4. After 2 weeks, you may start challenging with other foods if a definite improvement is observed.