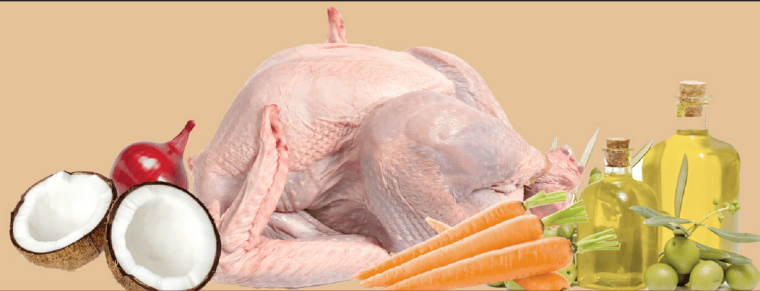


LOCA

Elimination Diet Food List



Low-Oxalate, Candida, AutoImmune Elimination Diet Food List

Eliminate all gluten, grains, starchy vegetables, nuts, soy, and cocoa. Some starchy foods such as quinoa, squash, beets, and sweet potatoes may be used sparingly.

Aim for 3 low carb days with only one serving of fruit and then 1 day where the amount of carbs is increased. For one day of intake: keep berries to ¼ a cup or less and additional fruit should be ½ of the fruit.

Net Carbs= Carbs – Fiber Net carbs should be around 40 grams or less.

On the higher carb day, aim for 2-3 servings of low glycemic fruit (see list below) and 1-2 servings of starchy vegetables. Net carbs should be around 100 grams or less for this cyclic carb day.

Low Glycemic Fruit: (No dried fruit)

- ☐ Apple
- ☐ Coconut
- ☐ Raspberries
- ☐ Blueberries
- ☐ Strawberries
- ☐ Peaches

Vegetables

- ☐ Carrots
- ☐ String beans
- ☐ Mung beans
- ☐ Mustard greens
- ☐ Sea vegetables
- ☐ Alfalfa sprouts
- ☐ Bok Choy
- ☐ Broccoli
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Chives
- ☐ Cucumber
- ☐ Iceberg lettuce
- ☐ Mushrooms
- ☐ Onions
- ☐ Peas
- ☐ Radish
- ☐ Yellow squash
- ☐ Zucchini
- ☐ Kale (Must be boiled and drained)
- ☐ Spaghetti squash
- ☐ Butternut squash

Healing Root Vegetables

- ☐ Onions
- ☐ Turnips
- ☐ Rutabagas
- ☐ Carrots
- ☐ Jicama
- ☐ Parsnips
- ☐ Radishes
- ☐ Shallots

Good Fats

- ☐ Virgin or EV Coconut oil
- ☐ EV Olive oil
- ☐ Avocado Oil
- ☐ Borage, Hemp or Flax oil
- ☐ High Quality Fish oil
- ☐ Ghee
- ☐ Pumpkin, flax, hemp, and chia seeds
- ☐ Avocado

Protein

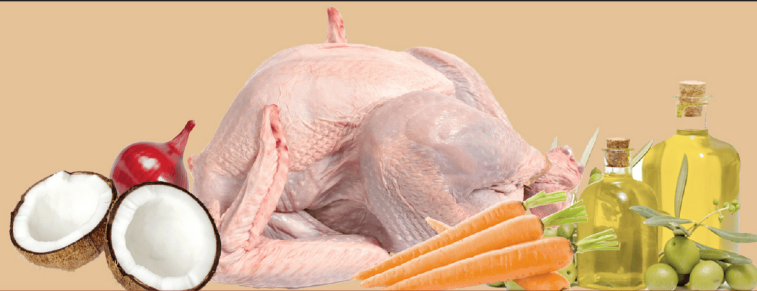
- ☐ Grass fed beef
- ☐ Chicken
- ☐ Pheasant
- ☐ Bison
- ☐ Duck
- ☐ Turkey
- ☐ Buffalo
- ☐ Lamb
- ☐ Venison
- ☐ Wild caught fish
- ☐ Hypoallergenic brown rice or pea protein
- ☐ Bone broth from well raised animals
- ☐ Bone Broth Protein
- ☐ Collagen Peptides
- ☐ Beef Gelatin

Dairy Substitutes

- ☐ Coconut milk
- ☐ Coconut Yogurt (May add kefir later)

LOCA

Elimination Diet Food List



Low-Oxalate, Candida, Autoimmune Elimination Diet Food List

Healing Herbs

- ☐ Basil
- ☐ Chamomile
- ☐ Cilantro
- ☐ Lavender
- ☐ Lemon Balm
- ☐ Mint
- ☐ Parsley
- ☐ Rosemary
- ☐ Sage
- ☐ Tarragon
- ☐ Bay leaves
- ☐ Chives
- ☐ Dill
- ☐ Lemongrass
- ☐ Marjoram
- ☐ Oregano
- ☐ Peppermint
- ☐ Saffron
- ☐ Spearmint
- ☐ Thyme

Pantry

- ☐ Organic raw apple cider vinegar
- ☐ Coconut flakes
- ☐ Sardines
- ☐ Coconut flour
- ☐ Coconut butter
- ☐ Canned salmon
- ☐ Flax crackers

Spices and Sweeteners

- ☐ Cinnamon
- ☐ Garlic
- ☐ Onion powder
- ☐ Saffron
- ☐ Ginger
- ☐ Cloves
- ☐ Pink salt
- ☐ Turmeric
- ☐ Shallots

Teas and other

- ☐ Organic green tea
- ☐ Dandy blend-coffee substitute
- ☐ Teeccino coffee substitute
- ☐ Organic herbal teas

Autoimmune

Make your goal for fruits to be $\frac{1}{4}$ a cup of berries or $\frac{1}{2}$ of an apple or grapefruit. This limits sugar for candida. Try to get one whole avocado and 4-6 tablespoons of coconut oil a day.

Most individuals with Candida have serious gluten sensitivities. It is very important to eliminate all gluten containing grains and most grains all together other than small amounts of quinoa or small amounts of root vegetables such as beets, sweet potatoes and squash from time to time.

Fermented Foods

These should be avoided for first 40 days due to candida overgrowth. They may be reintroduced one at a time after the 40 day period. They should be reintroduced slowly and in small quantities, such as 1 table-spoon, to allow the digestive system to adjust.

Coconut milk yogurt is the only approved fermented food for the first 40 days

These may be introduced after the first 40 days:

- ☐ Sauerkraut
- ☐ Kimchi
- ☐ Grass fed cow or goat kefir or yogurt
- ☐ Coconut water kefir
- ☐ Kombucha
- ☐ Pickles
- ☐ Pickled ginger
- ☐ Miso