

Hypoallergenic Diet Chart

Food Group	Allowed (Hypoallergenic)	Avoid (Common Allergens)
Grains	Rice, quinoa, millet, amaranth, oats (gluten-free)	Wheat, barley, rye, spelt, semolina, gluten
Vegetables	Carrots, broccoli, spinach, zucchini	Tomato, potato, eggplant, bell pepper, corn
Fruits	Apples, pears, blueberries, mango, papaya	Citrus fruits, strawberries, bananas, kiwi
Proteins	Lamb, turkey, white fish (cod, haddock), legumes (if tolerated)	Eggs, dairy, soy, peanuts, shellfish, red meat (beef, pork)
Dairy Alternatives	Rice milk, coconut milk, oat milk	Cow's milk, goat's milk, cheese, yogurt
Fats & Oils	Olive oil, coconut oil, avocado oil	Butter, margarine, peanut oil, soybean oil
Sweeteners	Maple syrup, honey (if tolerated), stevia	Refined sugar, artificial sweeteners
Beverages	Herbal teas, filtered water	Coffee, black tea, alcohol, soda
Condiments & Spices	Sea salt, herbs (basil, oregano, thyme)	MSG, soy sauce, ketchup, vinegar (especially malt vinegar)
Processed Foods	Homemade, fresh, minimally processed	Packaged, canned, processed foods with additives and preservatives

Usage Guidelines:

- **Phase 1 (Elimination - 2 to 4 weeks):** Eat only foods from the "Allowed" column.
- **Phase 2 (Reintroduction - 1 food every 3–4 days):** Slowly reintroduce one food at a time from the "Avoid" list to monitor for reactions.
- **Phase 3 (Maintenance):** Avoid foods that trigger symptoms and maintain a balanced hypoallergenic diet.