

The Ear, Nose and Throat Clinic & Hearing Center

Elimination Diet

An elimination diet is a tool used to determine if food allergies or sensitivities are contributing to your chronic symptoms. It is also referred to as a “Caveman Diet” or “Paleolithic Diet”, because it is similar to that eaten long ago...

For 2 weeks, you should eat only meats, fruits and vegetables with the exception of strawberries, tomatoes and nuts. In addition, cultivated foods, including eggs, dairy, corn and grains, should be avoided.

If your symptoms improve during this time period, it is likely that you have eliminated a food that you are allergic or sensitive to. You should reintroduce 1 of the eliminated foods every 2 weeks until you identify which one you are sensitive to.