

Foods To Avoid

CATEGORY	FOODS TO AVOID
HIGH SUGAR FRUITS	Bananas Dates Fruit juices Grapes Mango Raisins
GLUTINOUS GRAINS	Barley Rye Spelt Wheat
TOXIC MEATS & FISH	Pork Processed meats Shellfish Swordfish Tuna
SOME DAIRY PRODUCTS	Cheese Milk Cream Whey isolate
MOLDY NUTS & SEEDS	Nut butters from moldy nuts
CONDIMENTS	Barbecue sauce Horseradish Ketchup Mayonnaise Soy sauce White vinegar
REFINED/PROCESSED FATS & OILS	Canola oil Fake 'butter' spreads Margarine Soybean oil Sunflower oil
SUGARS & SUGAR SUBSTITUTES	Agave Aspartame Cane sugar Corn syrup

	Honey Maple syrup Molasses Sugar
CAFFEINATED OR SUGARY DRINKS	Black tea Coffee Diet & regular soda Energy drinks Fruit juices
ALCOHOLIC DRINKS	Beer Cider Liquors Spirits Wine

Foods to eat

CATEGORY	FOODS TO EAT
NON-STARCHY VEGETABLES	Artichokes Asparagus Broccoli Brussels sprouts Cabbage Celery Cucumber Eggplant Garlic (raw) Kale Onions Rutabaga Spinach Tomatoes Zucchini
LOW SUGAR FRUITS	Avocado Lemon Lime Olives
NON-GLUTINOUS GRAINS	Buckwheat Millet Oat bran Quinoa Teff
HEALTHY PROTEINS	Anchovies Chicken Eggs Herring Salmon (wild) Sardines Turkey

SOME DAIRY PRODUCTS	Butter Ghee Kefir Yogurt (probiotic)
LOW-MOLD NUTS & SEEDS	Almonds Coconut Flax seed Hazelnuts Sunflower seeds
HERBS, SPICES, & CONDIMENTS	Apple cider vinegar Basil Black pepper Cinnamon Cloves Coconut aminos Dill Garlic Ginger Oregano Paprika Rosemary Salt Thyme Turmeric
HEALTHY FATS & OILS	Coconut oil (virgin) Flax oil Olive oil Sesame oil
NO-SUGAR SWEETENERS	Erythritol Stevia Xylitol
FERMENTED FOODS	Kefir Olives Sauerkraut

	Yogurt
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DRINKS

- Chicory coffee
 - Filtered water
 - Herbal teas
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