

| <b>Food Group</b>                         | <b>Allowed</b>   | <b>Not Allowed</b>  |
|---|--|---|
| Meat & Poultry<br>Legumes<br>Fish<br>Eggs | Organic and grass fed Beef and Red Meat, Chicken, Turkey, Lamb from NZ. All legumes (beans)- dried peas, lentils, (except peanuts), optimally organic. Wild Caught Cold-water & white Fish (Salmon, Halibut, Mackerel, Trout, Tilapia, Cod).   | Cold cuts, Hot Dogs, Sausage, Canned Meat & Tuna (high mercury). Canned Salmon is OK. Eggs or egg replacements.   |
| Dairy Products                            | Milk Substitutes (Coconut Milk, Almond Milk & other Nut Milks Ok as long as unsweetened and organic). As long as they are SUGAR FREE!  | Milk, Soy, Cheese, Cottage Cheese, Yogurt, Ice Cream, Cream, Non-Dairy Creamers   |
| Starch                                    | Sweet Potato, White, Red or Gold Potatoes (as long as you eat the skin). Arrowroot, Brown Rice, Tapioca, Buckwheat, Millet   | All gluten-containing products (Grains, Pasta, etc). All corn and corn-containing products  |
| Bread/Cereal                              | Any flours made from Almond, Chickpea, Coconut, Rice, Quinoa, Amaranth, Buckwheat, Teff, Millet, Potato Flour, Tapioca or Arrowroot flour. Paleo type bread, Ezekiel and other breads are okay ONLY if labeled GLUTEN FREE! Limit the amount of corn in foods and gluten free breads.  | All made from Wheat, Oat, Spelt, Kamut, Rye, Barley or Gluten-Containing Grains. Use Corn breads sparingly if at all.   |
| Vegetables                                | All vegetables, preferably organic, fresh, frozen or freshly juiced, especially cruciferous such as cabbage, broccoli, cauliflower, Brussels sprouts, kale, collards, radishes and watercress, tomatoes, squash, green beans. Non GMO and Organic Tofu OK (if patient does not have an estrogen dominance condition). Butter OK on vegetables. | Any vegetables creamed or made with prohibited ingredients. All corn and any corn-containing products.  |
| Fruits                                    | Preferably organic, fresh, unsweetened frozen and/or water-packed canned fruits. Especially all berries, apples, lemons and limes.   | Citrus (other than lemons & limes), strawberries (if you have reactions), bananas, dried fruit, sweetened fruit drinks, jams, jellies and syrups w/ added sugar or concentrated fruit juices. |
| Soup                                      | Clear. Vegetable-based broth; homemade vegetarian, chicken or turkey soup; chili made with ground chicken or turkey  | Any soups creamed or canned with gluten flours, grains, corn or pasta   |
| Beverages                                 | Freshly prepared or unsweetened fruit or vegetable juice (preferably organic), filtered water, decaffeinated organic coffee, caffeine-free Herbal Tea  | Milk, dairy-based products, caffeinated Coffee, Tea, Cocoa, all Alcoholic Beverages, Soda-NONE-even sugar free, Sweetened Beverages, Citrus Drinks  |

|            |   |   |
|------------|---|---|
| Fats/Oils  | Cold, expeller pressed, unrefined, light-shielded Canola Oil, Olive Oil, Salad dressing made from allowed ingredients and preservative/additive free  | Margarine, Shortening, Butter, Refined Oils, Salad Dressing and Spreads   |
| Nuts/Seeds | Almond and/or Cashew Butter. (Limit to 2 tablespoons a day)   | Nuts of any kind are not encouraged. No Peanuts!!!!   |
| Sweeteners | Monkfruit, Brown Rice Syrup, Fruit Sweeteners (limit Agave), Stevia, and Xylitol as a sweetener.  | White and Brown Sugar, Honey, Molasses, Maple Syrup, Fructose, limit organic cane sugar , Avoid all Artificial Sweeteners |
| Condiments | All Salt-free Herbs and Seasonings-Seeds, Balsamic, Apple Cider or Rice Vinegar. The salts that are allowed are: Maldon's Sea Salt, Himalayan, Redmond's Real Salt, or Pink Salt. Bragg's Amino's can be a replacement for soy sauce. | Regular table salt, Soy Sauce (limit but gluten free Tamara preferred), Mayonnaise, Ketchup                               |