

8 Foods That Cause Sensitivities

The most common inflammatory foods to consider eliminating

Corn

Heavily subsidized and widely used in processed foods. Most corn is genetically modified and commonly found in the Standard American Diet.

Eggs

Often produced from chickens fed corn, hormones, and antibiotics. Eggs are a common hidden sensitivity, especially if not pasture-raised.

Shellfish

Includes shrimp, lobster, crab, and oysters. One of the most common food allergens and often develops later in life.

Soy

Hidden in many processed foods under different names. Almost always genetically modified.

Tomatoes

A nightshade vegetable that may promote inflammation in sensitive individuals.

Peanuts

Highly inflammatory for many people and often contaminated with pesticides. Alternatives include almond or pecan butter.

Dairy

Includes milk and cheese. Can promote mucus formation and inflammation. Many adults are lactose intolerant.

Gluten Grains

Includes wheat, barley, and rye. Often hidden in processed foods and linked to inflammation and digestive issues.

This guide is for educational purposes and is part of the Keep Wellness Simple™ Detox Program.

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