

Auto Immune Dietary Guide

NO List (foods to avoid)

Refined, Starchy Foods:

Pasta
Rice
Potatoes
Potato chips
Milk
Bread
Tortillas
Pastry
Flour
Crackers
Cookies
Cereal
Sugar
Agave
Sweet One
Splenda
Sweet n Low
Diet Drinks
Maltodextrin

Vegetables:

Peas
Sugar Snap Peas
Legumes
Green Beans
Chickpeas (Including as hummus)
Soy
Tofu
Edamame
Soy Protein
Textured Vegetable Protein
Pea Protein
All Lentils (unless prepared in a pressure cooker)
All Beans, including sprouts

Fruits:

Cucumbers
Zucchini
Pumpkins
Squashes
Melons
Eggplant
Tomatoes
Bell Peppers
Chili Peppers
Goji Berries

No List Cont'

Nuts and Seeds:

Pumpkin
Sunflower
Chia
Peanuts
Cashews

Non-Southern European Cow's Milk (These contain casein A-1):

Yogurt
Ice Cream
Frozen Yogurt
Cheese
Ricotta Cottage Cheese
Kefir

Grains, Sprouted Grains, Pseudo-Grains, and Grasses:

Wheat, Einkorn wheat
Kamut
Oats
Quinoa
Rye
Bulgur
Rice (White, Brown and Wild)
Barley
Buckwheat
Kashi
Spelt
Corn
Corn Products
Cornstarch
Corn Syrup
Popcorn
Wheatgrass
Barley Grass

Grain-or Soybean-fed fish, Shellfish, Poultry, Beef, Lamb, and Pork

Oils:

Soy
Grape Seed
Corn
Peanut
Cottonseed
Safflower
Sunflower
"Partially Hydrogenated"
Vegetable
Canola

YES List (foods to include)

Vegetables:

Broccoli
Brussels sprouts
Cauliflower
Bok Coy
Napa & Chinese cabbage
Swiss chard
Arugula
Watercress
Collard greens
Kale
Green and red cabbage
Radicchio
Raw Sauerkraut
Kimchi
Celery
Onions
Leeks
Chives
Scallions
Chicory
Carrots
Carrot Greens
Artichokes
Beets
Radishes
Daikon radish
Jerusalem artichokes
Hearts of palm
Cilantro
Okra
Asparagus
Garlic
Mushrooms
Red and Green Leaf Lettuce
Mesclun
Spinach
Endive
Dandelion Greens
Butter Lettuce
Fennel
Escarole
Mustard Greens
Mizuna
Parsley, Basil, Mint
Purslane
Perilla
Algae & Seaweed/Sea Vegetables

YES List Cont'

Resistant Starches (In moderation or small amount, especially on a KETO diet):

Tortillas made with cassava and coconut flour or almond flour
Bread and Bagels by Barely Bread
Julian Bakery Paleo Wraps (made with Coconut Flour and Paleo Coconut Flakes Cereal)
Green plantains
Green Bananas
Baobab Fruit
Cassava (tapioca)
Sweet potatoes or yams
Rutabaga
Parsnips
Yucca
Celery Root
Konjac root
Persimmons
Jicama
Taro root
Turnips
Tiger nuts
Green Mango
Millet
Sorghum
Green papaya

Flours:

Coconut
Almond
Hazelnut
Sesame
Chestnut
Cassava
Green banana
Sweet Potato
Tiger Nut
Grape Seed
Arrowroot

Alternative Noodles:

Pasta Slim
Shirataki Noodles
Kelp Noodles
Miracle Noodles
Miracle Rice

YES List Cont'

Meat (Grass Fed and Grass Finished):

Bison
Wild Game
Venison
Boar
Elk
Lamb
Beef

Pastured, Organic Poultry:

Chicken
Turkey
Ostrich
Eggs
Duck
Goose
Pheasant
Grouse
Dove
Quail

Oils:

Algae oil
Olive oil
Coconut oil
Macadamia oil
MCT oil
Avocado oil
Perilla oil
Walnut oil
Red Palm oil
Rice Bran oil
Sesame oil
Flavored Cod Liver oil

Nuts and Seeds:

Macadamia Nuts
Pili Nuts
Walnuts
Pistachios
Pecans
Coconuts
Coconut Milk/Coconut Cream
Hazelnuts
Chestnuts
Brazil Nuts
Pine nuts
Flaxseeds
Hemp seeds & Hemp Protein Powder
Psyllium

YES List Cont'

Olives – All

Vinegars – All

Herbs and Seasonings:

All except chili pepper flakes

Miso

Sweeteners:

Stevia (Nunaturals is my favorite)

Just Like Sugar (made from chicory root -inulin)

Yacon

Monk fruit

Luo han guo

Erythritol (Swerve)

Xylitol

Ice Cream:

Coconut Milk Dairy-Free Dessert

Dark Chocolate (72% or greater)

Please email or call me with any questions!

Sara Banta

Owner/Health Coach

acceleratedhealthproducts.com

sarabanta@gmail.com