

Table 1: FOODS TO INCLUDE AND EXCLUDE

	INCLUDE	EXCLUDE
Fruits	Whole fruits (unsweetened, frozen, or water-packed), fruit juices (in small amounts)	All citrus fruits (orange, lemon, lime, grapefruit)
Vegetables	Fresh, raw, steamed, baked, roasted	Corn, canned vegetables, nightshades (tomato, potato, peppers, eggplant)
Dairy	Almond, rice, cashew, hemp, flax, hazelnut, and coconut milks	Eggs, milk, cheese, yogurt, butter, ice cream, non-dairy creamers, cottage cheese, cream cheese, kefir, casein, whey
Grains & Starch	Non-gluten grains (brown rice, quinoa, millet, buckwheat, amaranth, teff, sorghum, mesquite, tapioca)	Wheat, corn, barley, bulgur, spelt, rye, oats, durum, semolina, emmer, faro
Legumes	Lentils, green beans, peas, dried beans (for example: chickpea, black, kidney, navy)	Soy products (soy sauce, tofu, soy milk, soybean oil in processed foods)
Nuts & Seeds	Almonds, walnuts, pecans, sesame, cashews, nut and seed butters, pistachios, peanuts	All nuts and seeds are allowed
Animal Protein	Fish, chicken, turkey, lamb, wild game, beef, pork	Sausage, cold cuts, hot dogs, canned meat, eggs
Oils & Fats	Natural oils (olive, flax, coconut, walnut)	Butter, margarine, shortening, mayonnaise, bottled salad dressings, canola (unless organic cold-pressed)
Beverages	Water, herbal tea, mineral water, coconut water	Coffee, tea, soda, alcohol, distilled water, all caffeinated beverages
Spices & Condiments	Salt, pepper, garlic, vinegar, turmeric, cinnamon, cumin, dill, ginger, oregano, basil, parsley, rosemary, thyme, turmeric, mustard, carob powder	Cayenne pepper, paprika, curry powder containing cayenne pepper, ketchup, relish, soy sauce, barbecue sauce, teriyaki, spice mixes with corn starch or additives, chocolate
Sweeteners (in small amounts)	Honey, maple syrup, brown rice syrup, Stevia	White or brown sugar, agave, corn syrup, Splenda, Equal, Nutrasweet, etc.