

Exclude & Include Foods

Gluten-Free & Dairy/Casein-Free





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EXCLUDE

Wheat & Gluten Products

Found in most baked goods, breads, crackers, cookies, cereals, pasta, flour, gravies, Seitan, and beer.

Wheat, barley, rye, including these other species of wheat: spelt, durum, kamut, couscous, orzo, matzo meal, semolina, farina, kasha, graham flour, bulgar, and triticale (see the Gluten-Free Forbidden List)

Note: Wheat-free does NOT necessarily mean that it's gluten-free, since other grains contain gluten.

Oats are cross-contaminated by wheat unless labeled gluten-free.

Corn (85% of U.S. corn crops are GMO–Genetically Modified)

Corn products: Corn oil, cornstarch, corn chips, tortillas, popcorn, polenta, hominy grits, maize and xanthan gum

Corn sugars: High fructose corn syrup, corn sugar and syrup, confectioner's sugar, fructose, glucose, dextrose, maltose, dextrin, maltodextrin, cyclodextrin, amylose, amylopectin, monosaccharide, polymino sugar condensate, levulose, mono and diglycerides, Sorbitol and Zein: labeled as "Confectioners Glaze" or "Vegetable Protein"

Caution! Corn contains lectins, phytic acid (phytates), and a toxic mold called aflatoxin.

Dairy Products

Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, whey, casein, sodium caseinate, calcium caseinate, and goat milk products.

Note: Dairy and/or lactose-free does NOT necessarily mean casein-free. Many of these products still contain casein, so please read labels and look for the casein-free items.

Sweeteners

White or brown refined sugar, high fructose corn syrup (HFCS), and corn sugar. All artificial sweeteners: Aspartame (NutraSweet & Equal), Neotame, Sweet & Low, Splenda (Sucralose), Truvia, Purevia, Sugar Twin, Sunett and Sweet One (Acesulfame K), and Sucaryl (Cyclamate)



INCLUDE

Gluten-Free

Grain products labeled gluten-free and made from rice, montina (Indian rice grass), teff, millet, quinoa, amaranth, and sorghum.

Organic corn (85% of corn crops are GMO unless labeled organic) Use sparingly.

Caution! Corn and sorghum can contain a toxic mold called aflatoxin.

Caution! Quinoa and amaranth contain saponins that can irritate the gut.

Non-grain products made from potato, taro, yam, tapioca (cassava, manioc or yucca plant), arrowroot, buckwheat, sesame seed, hemp seed, chia seed/flour, mesquite flour, plantain flour, legume/bean flours, organic soy flour, coconut flour, and nut flours such as almond flour. You can also make these yourself.

Corn (Organic)

Caution! Most gluten-free products are made with corn, so make sure it's ORGANIC corn and use sparingly!

No corn sugars!

Dairy/Casein-Free

Milk substitutes: Nut milk (almond, cashew, or hazelnut), coconut milk, or hemp seed milk.

Ice cream, yogurt, and creamers made from almond milk or coconut milk.

Dairy-free vegan cheese alternatives. There are several on the market made from tapioca, almonds, cashews, or pea protein. *Daiya* cheeses (tapioca) are a favorite.

Note: Use rice milk products if you have a nut allergy.

Caution! If these dairy substitutes upset your stomach, it could be due to the guar gum or carrageenan in some of them.

Sweeteners

Use sparingly: Molasses, honey*, yacon syrup, brown rice syrup, real maple syrup, agave nectar,* and evaporated cane juice.

Best choice: Stevia is totally natural and extremely low on the glycemic index.

Note: *Sweetleaf* Liquid Stevia Sweet Drops come in 17 different flavors and can be added to many drinks and foods for a zero calorie sweetener.

Xylitol* is low glycemic, but make sure it's extracted from birch.

* **Note:** Symptoms of diarrhea, constipation, gas, bloating, and/or cramping may occur in those who could be sensitive to the effects of FODMAP* foods. These should be avoided for 8 weeks before the re-introduction phase, especially if you have IBS (*irritable bowel syndrome*) or IBD (*irritable bowel disease*).



EXCLUDE

Beverages

All highly caffeinated beverages: 5 Hour Energy, Red Bull, Monster Energy, etc. Soda pop, coffee, and black tea.

Note: Excessive amounts of caffeine may cause stress, anxiety, nausea, depression, sleeping problems, acid reflux, stomach ulcers, irregular heart rhythms, high blood pressure, chronic headaches, fibrocystic disease, or osteoporosis.

Caution! Beware of added flavors and read labels. Be careful with blended teas and herbal teas; some contain barley, malt, or flavors derived from gluten grains.

Hard liquor: Mixes, malt, and added flavors that may not be gluten-free or dairy-free

Beer and wine: Malted wine coolers and sulphites

Fats

Olean, olestra, hydrogenated oils, margarine, shortening, spreads, peanut oil, and butter.

Limit omega-6: Canola, soy, and sunflower oils (convert to ARA or arachidonic acid)

Note: Use only organic non-GMO canola or soy oils in limited amounts.

Omega-6s are pro-inflammatory, while Omega-3s are anti-inflammatory (Omega-6:Omega-3 ratio = 3:1 max)

Nuts and Seeds

Peanuts and peanut butter because they contain lectins and a toxic mold called aflatoxin. Organic Valencia peanuts are fine in small amounts.

FYI: Peanuts are not nuts, they are legumes.

Meat, Poultry, and Fish

Pork, nitrates/nitrites in cold cuts, frankfurters, sausages, and canned meats that contain additives and high sodium.

Albacore, white and yellow fin tuna, swordfish, tilefish, king mackerel, and shark all contain high amounts of mercury.

Avoid farm-raised seafood and shellfish as much as possible.



INCLUDE

Beverages

Organic decaffeinated low acid coffee, green or white tea, and herbal organic decaffeinated teas.

Organic black coffee and black tea (8-16 oz.) per day are acceptable if you don't have any symptoms listed. They actually help depression in small amounts.

Water: 8 cups (64 oz.) daily from clean spring, filtered, distilled, or reverse osmosis.

Alkaline ionized water is best!

Naturally flavor your water or mineral water with fresh lemon, lime, or orange slices, or add a few drops of flavored *Sweetleaf* Liquid Stevia Sweet Drops.

There is also herbal water, coconut water, keVita & kombucha (probiotic drinks).

Alcoholic drinks (occasionally in moderation): Potato vodkas, unflavored rums and Tequilas, GF hard ciders and wine* (sulphite free)

Gluten-Free Beer*: If you're not on the grain-free program

Fats

- Extra virgin olive oil and other unrefined oils (sesame, walnut, hazelnut, and almond) for non-cooked sauces, dressings, etc.
- Extra virgin coconut oil for cooking, baking, frying, or in smoothies.
- Avocado oil, grapeseed oil, and ghee (clarified butter) for cooking, baking, and medium heat frying.

Nuts and Seeds

Organic raw nuts: Almonds, walnuts, pecans, macadamias, cashews, hazelnuts (filberts), brazil nuts, and nut butters. Best eaten if soaked overnight then air dried or sprouted. Keep refrigerated for freshness.

Seeds: Sesame (tahini), pumpkin, and sunflower seeds can be roasted/toasted.

Meat, Poultry, Eggs, and Fish

Fresh cold water wild fish (omega-3) such as halibut, salmon, cod, sole, trout, sardines, shrimp and crab. They convert ALA-alpha linolenic acid to EPA & DHA Omega-3.

Tongol tuna occasionally (in spring water if canned), free range chicken, turkey, beef, bison, lamb, ostrich, venison, and elk, chicken sausage, turkey sausage/patties, turkey bacon, and organic free-range pastured hen's eggs.

Note: Grass-fed animals contain the healthy fat CLA (conjugated linoleic acid) that reduces cholesterol and obesity.

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