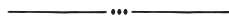


food list summary



Food	Plan-Approved	Exclusions
Grains	gluten-free grains	wheat berries, couscous, rye, barley, spelt, triticale, einkorn, farro, garfava flour, white, wheat, or all-purpose flour
Vegetables	all, except for exclusions	broad beans, fava beans, Italian beans, lentils, lima beans, navy beans, onions, pea pods, sauerkraut, snow peas
Fruit	all, except for exclusions	avocados, bananas, citrus or citrus zest, dates, figs, pineapple, papayas, passion fruit, raspberries, raisins, red plums
Sweeteners	stevia	sugar (all forms), artificial sweeteners
Proteins (fresh and freshly cooked; grass-fed, pastured, free-range, and salt/additive-free where applicable)	beans (except exclusions), beef, eggs, fish, pork, poultry, seeds (sunflower, flax, chia, sesame, hemp), shellfish, tuna/salmon/sardines (if canned, no salt or other additives)	dried or smoked fish, smoked or preserved meats (like sausage), favas, limas, navy beans, lentils, nuts, soy products, seitan
Dairy	American cheese (good-quality from the deli—not recommended for Meniere’s), cottage cheese, chèvre (fresh goat cheese), cream, cream cheese, mascarpone, milk, ricotta	hard, aged cheeses, processed cheeses, yogurt, kefir
Fats and Oils (organic, grass-fed, extra virgin, and unsalted where applicable)	butter, coconut oil, ghee, lard or rendered bacon fat, olive oil, sesame oil (regular and toasted), sunflower seed oil (in small amounts), tallow (beef fat from grass-fed cows)	trans fats; corn, cottonseed, canola, rapeseed, soybean, peanut, nut oils
Herbs and Spices	all, except exclusions	blends containing MSG, salt, seaweed, yeast, “flavorings,” or onion powder
Drinks	coconut water, filtered or spring water, herbal teas (except exclusions), infused water, milk, seed milks, sparkling water (except exclusions), and white wine and vodka (small amounts; may be triggers)	nut milks, boxed milks that include carrageenan or gums, soy milk, red wine, hard liquors, beer, soda (regular or diet), caffeinated tea, teas containing citrus, coffee (decaf coffee is OK but might still be a trigger); do not use wine in cooking for the first six months, then test it for yourself