

Gut-Damaging Foods To Avoid

GLUTEN AND HIGH CARB FOODS/GRAINS

- ☐ Bread (even gluten free)
- ☐ Pasta (all forms)
- ☐ Cereals (even gluten free)
- ☐ Wheat, barley, rye, bulgur, seitan, triticale, Couscous
- ☐ Rice and oats
- ☐ Beans (avoid all beans except lentils)
- ☐ ALL forms of sugar, even natural sweeteners and fruits
- ☐ Sugary carbs (banana, sweet potato, watermelon, etc)

PROCESSED FOODS & MEATS

- ☐ deli meats, bacon, hot dogs
- ☐ cakes, cookies, pastries
- ☐ Pizza
- ☐ Granola bars
- ☐ chips, cheezies, pretzels, etc
- ☐ fast foods
- ☐ potato chips, sugary cereals
- ☐ candy bars and chocolate
- ☐ Fried foods

OTHER

- ☐ **Artificial sweeteners:** aspartame, sucralose, and saccharin
- ☐ **Sauces:** generic salad dressings, as well as soy, teriyaki, and hoisin sauce
- ☐ **Beverages:** alcohol, carbonated beverages, and other sugary drinks, Coffee, Black tea
- ☐ Smoking
- ☐ Peanuts
- ☐ All yeast products (Kombucha, yeast extract, breads, etc)
- ☐ Mushrooms (medicinal are OK)
- ☐ Too many raw veggies (most should be cooked)

DAIRY

- ☐ milk
- ☐ cheeses
- ☐ ice cream
- ☐ butter (grassfed ghee is OK)
- ☐ Vegan cheeses

REFINED OILS

- ☐ canola, sunflower, soybean, safflower
- ☐ Margarine, vegan butter
- ☐ Peanut oil