

# CLEAN GUT DIET

"CLEAN GUT" BY ALEJANDRO JUNGER MD

## INCLUDE

## EXCLUDE

<b>VEGETABLES</b>	Whole vegetables (broccoli, kale, chard, etc.) raw, steamed, sautéed, juiced, or roasted; all leafy greens; squash; tomatoes; and sea vegetables	Corn, beets, potatoes, sweet potatoes, yams, and creamed vegetables
<b>FRUIT</b>	Only fresh and frozen berries, lemons, and limes	All fruits and fruit juices except berries.
<b>DAIRY &amp; EGGS</b>	Eggs; hemp and nut milks (almond, hazelnut, walnut, etc.); coconut milk; and coconut oil or butter.	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, and nondairy creamers
<b>GRAINS</b>	Quinoa; go easy on quinoa.	Rice, wheat, millet, amaranth, buckwheat, barley, spelt, kamut, rye, triticale, and oats (even gluten-free)
<b>MEAT &amp; FISH</b>	Fresh or waterpacked cold-water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers, etc.), wild game (rabbit, pheasant, bison, venison, elk, etc.), lamb, duck, organic chicken and turkey, and small amounts of grass-fed beef	Factory-farmed meats, cold cuts, canned meats, and frankfurters (hot dogs)
<b>VEGETABLE PROTEIN</b>	Split peas, lentils, bee pollen, spirulina, and blue-green algae	All beans and soybean products, including soy sauce and soybean oil in processed foods
<b>NUTS &amp; SEEDS</b>	Most nuts and seeds, hemp, sesame, and sunflower seeds; pecans, almonds, walnuts, cashews, pistachios, macadamia nuts, and Brazil nuts; and nut and seed butters (almond, tahini, etc.) *Only 1 handful a day	Peanuts and peanut butter
<b>FATS &amp; OILS</b>	Avocado and coconut; extra-virgin olive, flax, safflower, sesame, almond, sunflower, walnut, pumpkin, and coconut oils	Butter, margarine, shortening, processed oils, canola oil, salad dressings, mayonnaise, and spreads.
<b>DRINKS</b>	Filtered, seltzer, and mineral waters; green, white, and herbal teas; yerba maté; coconut water; and green juices	Alcohol, coffee, caffeinated beverages, soda pop, soft drinks, and fruit juices
<b>SWEETENERS</b>	Stevia, xylitol, and Lakanto	Refined sugar, white and brown sugars, maple syrup, high-fructose corn syrup, evaporated cane juice, Splenda, Equal, Sweet'N Low, juice concentrates, agave nectar, honey and coconut nectar
<b>CONDIMENTS</b>	Vinegar, all spices, all herbs, sea salt, black pepper, carob, raw chocolate (dairy- and sugar free), stone-ground mustard, miso, coconut liquid aminos, wheat-free tamari, and nama shoyu	Regular chocolate (with dairy and sugar), ketchup, relish, chutney, traditional soy sauce, barbecue sauce, teriyaki sauce, and breath mints