

CLEAN GUT DIET

"CLEAN GUT" BY ALEJANDRO JUNGER MD

INCLUDE

EXCLUDE

VEGETABLES	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
FRUIT	Only fresh and frozen berries, lemons, and limes	All fruits and fruit juices except berries.
DAIRY & EGGS	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
GRAINS	Quinoa; go easy on quinoa.	Rice, wheat, millet, amaranth, buckwheat, barley, spelt, kamut, rye, triticale, and oats (even gluten-free)
MEAT & FISH	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)
VEGETABLE PROTEIN	Split peas, lentils, bee pollen, spirulina, and blue-green algae	All beans and soybean products, including soy sauce and soybean oil in processed foods
NUTS & SEEDS	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
FATS & OILS	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.
DRINKS	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
SWEETENERS	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
CONDIMENTS	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