

Appendix 10: Potentially Problematic Foods (and Reasons to Avoid Them)

<i>Food Groups</i>	<i>Problematic Compounds</i>	<i>Reasons To Avoid Them</i>
Grains (wheat, barley, rye, oats, quinoa, amaranth, millet, teff, triticale, kamut, rice, corn, etc.)	Gluten and similar hard-to-digest proteins	<ul style="list-style-type: none"> • Can increase intestinal permeability • Can irritate your digestive system • Can trigger food-sensitivity reactions
	Carbohydrates (starches and sugars)	<ul style="list-style-type: none"> • Can feed a gut dysbiosis*
	Anti-nutrients	<ul style="list-style-type: none"> • Prevent the absorption of nutrients • Can irritate your digestive system
	Insoluble fiber	<ul style="list-style-type: none"> • Can irritate your digestive system
	Fructans (FODMAPs)	<ul style="list-style-type: none"> • Can feed a gut dysbiosis*
	Natural food chemicals	<ul style="list-style-type: none"> • Can irritate your digestive system
	Processed ingredients	<ul style="list-style-type: none"> • Can trigger food-sensitivity reactions • Can promote inflammation • Can irritate your digestive system
Dairy (except ghee)	Casein	<ul style="list-style-type: none"> • Can trigger food-sensitivity reactions
	Lactose (FODMAPs)	<ul style="list-style-type: none"> • Can feed a gut dysbiosis*
	Added sugars	<ul style="list-style-type: none"> • Can feed a gut dysbiosis*
Soy	Soy protein	<ul style="list-style-type: none"> • Can trigger food-sensitivity reactions
Peanuts	Peanut protein	<ul style="list-style-type: none"> • Can trigger food-sensitivity reactions
	Peanut lectins/aflatoxins	<ul style="list-style-type: none"> • Can irritate your digestive system
Legumes (beans and lentils)	Galactans (FODMAPs)	<ul style="list-style-type: none"> • Can feed a gut dysbiosis*
	Starches	<ul style="list-style-type: none"> • Can feed a gut dysbiosis*
	Natural food chemicals	<ul style="list-style-type: none"> • Can irritate your digestive system
	Processed ingredients	<ul style="list-style-type: none"> • Can trigger food-sensitivity reactions • Can promote inflammation • Can irritate your digestive system
Refined Oils (soybean oil, canola oil, corn oil, etc.)	High omega-6 fat content	<ul style="list-style-type: none"> • Can promote inflammation (especially if eaten in excess of omega-3) • Can contribute to intestinal permeability
Some Vegetables, Fruits and Tubers	Starches (in starchy vegetables)	<ul style="list-style-type: none"> • Can feed a gut dysbiosis*
	Sugars (in fruits)	<ul style="list-style-type: none"> • Can feed a gut dysbiosis*
	FODMAPs	<ul style="list-style-type: none"> • Can feed a gut dysbiosis*
	Cruciferous vegetables	<ul style="list-style-type: none"> • Can irritate your digestive system • Can feed a gut dysbiosis*
	Natural food chemicals	<ul style="list-style-type: none"> • Can irritate your digestive system
	Glycoalkaloids (in nightshades)	<ul style="list-style-type: none"> • Can promote inflammation • Can irritate your digestive system
	Insoluble fiber (especially in the skin, seeds, or membranes and/or in raw vegetables)	<ul style="list-style-type: none"> • Can irritate your digestive system
Processed Ingredients	Sugars, FODMAPs, food chemicals, problematic protein, etc.	<ul style="list-style-type: none"> • Can trigger food-sensitivity reactions • Can promote inflammation • Can irritate your digestive system
Sugars	Sugars	<ul style="list-style-type: none"> • Can feed a gut dysbiosis* • Can promote inflammation • Can slow down your immune system
	FODMAPs	<ul style="list-style-type: none"> • Can feed a gut dysbiosis*
Nuts and Seeds	Natural food chemicals	<ul style="list-style-type: none"> • Can irritate your digestive system
	High omega-6-to-omega-3 ratio	<ul style="list-style-type: none"> • Can promote inflammation
	FODMAPs	<ul style="list-style-type: none"> • Can feed a gut dysbiosis*
	Protein	<ul style="list-style-type: none"> • Can trigger food-sensitivity reactions
Spices	Natural food chemicals	<ul style="list-style-type: none"> • Can irritate your digestive system
Eggs	Egg proteins	<ul style="list-style-type: none"> • Can trigger food-sensitivity reactions

*Gut dysbiosis includes SIBO, candida overgrowth, and other gut-flora imbalances.