

### Appendix 9: Food Categories to Challenge

		Categories	Foods
			Egg protein (in order of reintroduction)
	Other animal protein options	Shrimp Jerky (without sugar and MSG) Smoked salmon and other smoked fish Bacon, ham, or sausages (ideally without sweeteners, MSG, or artificial ingredients; from pastured animals)	
	Fats	Avocado (and guacamole) Butter Olive (and tapenade) Homemade mayonnaise (if egg yolks tolerated) Coconut milk or coconut cream (without guar gum) Coconut butter (also called coconut cream concentrate or coconut manna)	
Dairy	Casein (from least to most)	Butter Cream Yogurt Cheese Milk	A2 casein (goat, Jersey's cow, buffalo) is usually better tolerated than A1 casein (regular cows)  Dairy products from raw milk are sometimes better tolerated than pasteurized dairy
	Lactose (from least to most)	Homemade yogurt Cream Aged cheese Fresh cheese Milk	Dairy products made from the milk of grass-fed animals are sometimes better tolerated than regular milk from grain-fed animals
Vegetables	Cruciferous	Broccoli Cauliflower Kale Cabbage Bok choy More in Table 40 (p. 111)	
	Nightshades	Tomato Eggplant Bell pepper Chili powder Paprika Curry Hot pepper sauce (without added sugar or gum) More in Table 39 (p. 109)	
	High-FOD-MAPs	Onion Garlic Cruciferous vegetables Asparagus Avocado Mushroom More on p. 44-51	
	Raw	Lettuce Carrots Celery sticks Any kind of raw vegetables	
	Moderate carb content	Winter squashes (butternut squash, acorn squash, pumpkin) Beets Rutabaga More in Table 85 (p. 235)	

To Trial

**Appendix 9: Food Categories to Challenge (cont.)**

	<i>Categories</i>	<i>Foods</i>
<b>Caution</b>	Seasonings	Black pepper Onion and garlic powder Spices (curry, chili powder, hot pepper sauce, etc.) Balsamic vinegar (sugar free, naturally aged) Red wine vinegar (sugar free, naturally aged) Coconut aminos Tamari sauce (wheat and gluten free) Sea vegetables and seaweed (kelp, nori) Sun-dried tomatoes More in Table 52 (p. 140)
	Fermented foods	Fermented vegetables (sauerkraut, pickles, carrots, etc.) Homemade 24-hour yogurt or kefir Kombucha (fermented tea)
	Nuts	Coconut milk (or coconut cream; without guar gum) Nut butter (macadamia, cashew, hazelnut, coconut, etc.) Nut flour Nuts (ideally soaked and dehydrated) Unsweetened dried coconut (or coconut chips) Coconut flour
	Seeds	Sunflower seeds, pepitas, flaxseeds, chia seeds, sesame seeds Spices (nutmeg, celery seed, cumin seed, fennel seed, mustard seed, etc.) More in Table 38 (p. 108)
	Beverages	Other varieties of tea Coconut milk (without sweeteners or gums) Almond milk (without sweeteners or gums)
	Grain-free carb options	Fruits (from easier to hardest to digest/tolerate)
<b>Watch Out</b>	Sweeteners	Honey Maple syrup Coconut sugar (or coconut nectar) Stevia Dextrose (glucose)
	Roots and tubers	Sweet potatoes White potatoes (peeled) Plantains Yucca/cassava More in Appendix 14 (p. 398)
	Caffeine and alcohol (only after at least 3-6 months without them)	Unsweetened cocoa powder Dark chocolate (at least 85% cocoa) Coffee Alcohol (gluten and sugar free: dry wine, hard liquor, gluten-free beer only)
<b>Not Worth It</b>	NOT food	Grains Gluten-containing foods Legumes (beans, lentils, soy, peanuts) Refined oils Processed ingredients (MSG, artificial sweeteners, etc.) Beer and other gluten-containing alcoholic beverages