



## AUTOIMMUNE DIET

Adapted by Dr Adele Pelteret from Dr Amy Myers's AI Diet

	FOODS PERMITTED	FOODS TO AVOID
GRAINS /STARCH	Coconut – make wraps Quinoa in moderation	GLUTEN, WHEAT, amaranth, barley, bran, bread, CORN, corn flour, cous-cous, millet, oats, rice, rye, spelt
FLOURS	Coconut flour Quinoa in moderation	
PROTEINS	GRASS-FED beef, lamb, ostrich, pork, poultry, fish, venison. Organic eggs in moderation Organic tree-nuts and nut butter in moderation	Processed meats, eggs. Nuts, nut butters, seeds, soy, tofu.
DAIRY	Coconut milk/cream.	Butter, casein, cheeses, cottage cheese, yoghurt, goat's cheese, ghee, milk, whey.
SUGAR & DERIVATIVES	Stevia in moderation	Sugar, agave, artificial sweeteners (aspartame, sucrose, saccharin), beet sugar, coconut sugar, corn syrup, dextrose, glucose, high-fructose corn syrup, honey, maple syrup, molasses, sugar alcohols (maltitol, mannitol, sorbitol, xylitol).
FRUIT	Apples, applesauce (unsweetened), apricots, avocados, bananas, berries, cherries, coconut, cranberries, figs, grapefruit, grapes, kiwis, lemons, limes, mangos, melons, nectarines, peaches, pears.	Sweetened fruit juices Oranges, naartjies / tangerines
VEGETABLES	Artichoke, asparagus, bamboo shoots, beetroot, bok choy, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chives, cucumber, kale, leeks, lettuce, mushrooms, olives, onions, parsnips, sea vegetables, sweet potatoes.	Nightshades: eggplant/aubergine, peppers, potatoes, tomatoes. Legumes: beans, lentils. peas
SEASONING	Apple cider vinegar, spices and herbs (gluten-free), sea salt, Braggs aminos in moderation	Commercial sauces, cayenne pepper, paprika, red pepper flakes, soy sauce, tamari, teriyaki sauce.
BEVERAGES	Water, homemade fruit & vegetable juices, rooibos tea, herbal teas, green tea in moderation.	Coffee, tea, alcohol, sweetened fruit juice, squash / cordials.
FATS	Avocado oil, coconut oil, olive oil, grapeseed oil, safflower oil (grass-fed organic butter in moderation)	Refined oils, hydrogenated fats (margarine), trans fats, commercial butter



### TOXIC FOODS TO AVOID:

- Alcohol
- Processed foods, food additives, genetically modified foods.
- Processed meats (unsmoked sausage is permitted if gluten-free)
- Refined oils, hydrogenated fats (margarine) and trans fats.
- Stimulants and caffeine
- Sweeteners

### INFLAMMATORY FOODS TO AVOID:

- Corn & anything made from corn.
- Dairy: butter, casein, cheeses, yoghurt, ghee, ice-cream, milk, whey.
- Eggs (optional if organically fed not corn-fed chickens)
- Gluten: wheat, barley, rye, oats
- Gluten-free grains & pseudo-grains: amaranth, millet, rice
- Legumes: beans, lentils, peas.
- Nightshade veg: egg plant/aubergine, peppers, white potatoes, tomatoes.
- Commercial nuts and nut butter, Peanuts & peanut butters
- Commercial seeds & seed butters
- Soy

### SUPPLEMENTS – individualised per patient, but can include any of the following:

- Omega3 EPA-DHA
- L-glutamine powder
- Milk thistle/dandelion/celery
- Good probiotic (kept in fridge)
- ParaHerb detox