



Low Inflammation Diet Guide

This guide is for you if you have any of the following:

1. Constant bloating
2. You get a food belly after every meal
3. You have constipation
4. You have diarrhea
5. You are inflamed regularly
6. You get headaches regularly
7. Indigestion, heartburn, GERD
8. You have brain fog, fatigue, lethargy
9. You are gassy, to a point that it's uncomfortable or embarrassing
10. You have eczema, psoriasis, acne or other skin dermatitis that comes and goes, or is constant
11. Have PCOS, Hashimotos, IBS, SIBO, Ulcerative Colitis, hypothyroidism, hyperthyroidism or any other gut health dysfunction

This is an elimination plan that will pull all foods known to cause a reaction in the gut or that can cause breakdown of the lining in the gi tract.

This does not mean you can never eat these foods again. In fact, I want to eat as many varieties of foods as possible. The more foods we can eat, the stronger our immunity and gut microbiome can be.

But first, we have to allow the gut time to heal. If there is irritation in the gut, and you keep eating foods that cause irritation, it just compounds and foods that normally wouldn't bother you give you feedback can cause issues.

This plan is bland and can be boring, but it's short term work to provide you long term results and a change in quality of life. Keep reminding yourself this as you're moving through and want to give in to cravings.

Tips for starting plan:

1. Look at your calendar and start when you have no big events or travel for 6 weeks
2. Research and plan your meals. Don't wing it



STARTING THE PLAN

Follow the food guide for a minimum of 6 weeks. If you can go 10-12 weeks, that's even better and you will have greater results. Find foods you like and make meals out of those foods. Don't eat foods you don't like. There is no need for that, there are plenty of foods to choose from.

Once you have completed your minimum of 6 weeks, you can start SLOWLY integrating new foods in. Only introduce one new food every 4 days as there can be a 3-4 day delayed response to foods.

Pay attention to the signs your body gives you. Examples being:

1. Headaches
2. Gut disruption: bloating, gas, constipation or diarrhea
3. Skin issues, rashes or spots
4. Any old symptoms you were having previous to elimination

If you have symptoms, then you know now that it is a trigger for you and you should avoid or very much limit your intake of this food.

Again, the goal is to be able to eat as many foods as possible and to have the most diverse microbiome as possible. Go slow and be patient. Doing this elimination plan can be very eye opening and educating. It can 100% help to improve your quality of life.

FOODS TO AVOID

Vegetables and Legumes

Garlic - avoid entirely if possible
Includes garlic salt, garlic powder
Onions - avoid entirely if possible
Includes onion powder, small pickled onions
Try Hing / Asafoetida powder or garlic oil to substitute
Artichoke
Asparagus
Baked beans
Beetroot, fresh
Black eyed peas
Broad beans
Butter beans
Cassava
Cauliflower
Celery - greater than 5cm of stalk
Choko
Falafel
Fermented cabbage e.g. sauerkraut
Haricot beans
Kidney beans
Lima beans
Leek bulb
Mange Tout
Mixed vegetables
Mung beans
Mushrooms
Peas, sugar snap
Pickled vegetables
Red kidney beans
Savoy Cabbage - over 1/2 cup
Soy beans / soya beans
Split peas
Scallions / spring onions (bulb / white part)

Shallots

Taro

Fruit - fruits can contain high fructose

Apples including pink lady and granny smith

Apricots

Avocado

Bananas, ripe

Blackberries

Blackcurrants

Boysenberry

Cherries

Currants

Custard apple

Dates

Feijoa

Figs

Goji berries

Grapefruit - over 80g

Guava, unripe

Lychee

Mango

Nectarines

Paw paw, dried

Peaches

Pears

Persimmon

Pineapple, dried

Plums

Pomegranate

Prunes

Raisins - over 1 tbsp / 13g

Sea buckthorns

Sultanas

Tamarillo

Tinned fruit in apple / pear juice

Watermelon



Meats, Poultry and Meat Substitutes

Chorizo if garlic added
Sausages

Cereals, Grains, Breads, Biscuits/Cookies, Pasta, Nuts and Cakes

Wheat containing products such as (be sure to check labels):

Biscuits / cookies including chocolate chip cookies

Bread, wheat - over 1 slice

Breadcrumbs

Cakes

Cereal bar, wheat based

Croissants

Crumpets

Egg noodles

Muffins

Pastries

Pasta, wheat over 1/2 cup cooked

Udon noodles

Wheat bran

Wheat cereals

Wheat flour

Wheat germ

Wheat noodles

Wheat rolls

Almond meal

Amaranth flour

Barley including flour

Bran cereals

Bread:

Granary bread

Multigrain bread

Naan

Oatmeal bread

Pumpernickel bread

Roti

Sourdough with kamut

Cashews

Chestnut flour
Cous cous
Einkorn flour
Freekeh
Gnocchi
Granola bar
Muesli cereal
Muesli bar
Pistachios
Rye
Rye crispbread
Semolina
Spelt flour

Condiments, Dips, Sweets, Sweeteners and Spreads

Agave
Caviar dip
Fructose
Fruit bar
Gravy, if it contains onion
High fructose corn syrup (HFCS)
Hummus / houmous
Honey
Jam, mixed berries
Jam, strawberry, if contains HFCS
Molasses
Pesto sauce
Quince paste
Relish / vegetable pickle
Stock cubes
Sugar free sweets containing polyols - usually ending in -ol or isomalt
Sweeteners and corresponding E number:
Inulin
Isomalt (E953 / 953)
Lactitol (E966 / 966)
Maltitol (E965 / 965)
Mannitol (E241 / 421)
Sorbitol (E420 / 420)
Xylitol (E967 / 967)



Tzatziki dip

Prebiotic Foods

The follow items may be hiding in yoghurts, snack bars etc:

FOS - fructooligosaccharides

Inulin

Oligofructose

Drinks and Protein Powders

Beer - if drinking more than one bottle

Cordial, apple and raspberry with 50-100% real juice

Cordial, orange with 25-50% real juice

Fruit and herbal teas with apple added

Fruit juices in large quantities

Fruit juices made of apple, pear, mango

Kombucha

Malted chocolate flavored drink

Meal replacement drinks containing milk based products e.g. Ensure, Slim Fast

Orange juice in quantities over 100ml

Quinoa milk

Rum

Sodas containing High Fructose Corn Syrup (HFCS)

Soy milk made with soy beans - commonly found in USA

Sports drinks

Tea:

Black tea with added soy milk

Chai tea, strong

Dandelion tea, strong

Fennel tea

Chamomile tea

Herbal tea, strong

Oolong tea

Wine - if drinking more than one glass

Whey protein, concentrate unless lactose free

Whey protein, hydrolyzed unless lactose free



Dairy Foods

Buttermilk
Cheese, ricotta
Cream
Custard
Gelato
Ice cream
Kefir
Milk:
Cow milk
Goat milk
Evaporated milk
Sheep's milk
Sour cream - over 2tbsp
Yoghurt

Cooking ingredients

Carob powder / carob flour

FOODS TO EAT

Vegetables and Legumes

Alfalfa
Bamboo shoots
Bean sprouts
Beetroot, canned and pickled
Black beans - 1/4 cup / 45g
Bok choy / pak choi
Broccoli, whole - 3/4 cup
Broccoli, heads only - 3/4 cup
Broccoli, stalks only - 1/3 cup
Broccolini, whole - 1/2 cup chopped
Broccolini, heads only - 1/2 cup
Broccolini, stalks only - 1 cup
Brussels sprouts - 2 sprouts
Butternut squash - 1/4 cup
Cabbage, common and red up to 3/4 cup
Callaloo
Carrots
Celeriac
Celery - less than 5cm of stalk
Chicory leaves
Chick peas - 1/4 cup
Chilli - if tolerable
Chives
Cho cho - 1/2 cup diced
Choy sum
Collard greens
Corn / sweet corn - if tolerable and only in small amounts - 1/2 cob
Courgette - 65g
Cucumber
Eggplant / aubergine (1 cup)
Fennel
Green beans
Green pepper / green bell pepper / green capsicum - 1/2 cup

Ginger
Kale
Karela
Leek leaves
Lentils - in small amounts
Lettuce:
Butter lettuce
Iceberg lettuce
Radicchio lettuce
Red coral lettuce
Rocket lettuce
Romaine/Cos lettuce
Marrow
Okra
Olives
Parsnip
Peas, snow - 5 pods
Pickled gherkins
Pickled onions, large
Potato
Pumpkin
Pumpkin, canned - 1/4 cup, 2.2 oz
Radish
Red peppers / red bell pepper / red capsicum
Scallions / spring onions (green part)
Seaweed / nori
Silverbeet / chard
Spaghetti squash
Spinach, baby
Squash
Sun-dried tomatoes - 4 pieces
Swede
Swiss chard
Sweet potato - 1/2 cup
Tomato - canned, cherry, common, roma
Tomato, canned - 3/5 cup
Tomato, common - 1 small
Tomato, cherry - 5 cherries
Tomatillo, fresh - 1 cup
Tomatillos, canned - 75g
Turnip - 1/2 turnip



Water chestnuts

Yam

Zucchini - 65g

Fruit

Ackee

Bananas, unripe - 1 medium

Bilberries

Blueberries - 1/4 cup

Breadfruit

Carambola

Cantaloupe - 3/4 cup

Cranberry - 1 tbsp

Clementine

Coconut, cream - 1/4 cup

Coconut, flesh - 2/3 cup

Dragon fruit

Lingonberries

Grapes

Guava, ripe

Honeydew and Galia melons - 1/2 cup

Kiwifruit - 2 small

Lemon including lemon juice

Lime including lime juice

Mandarin

Orange

Passion fruit

Paw paw

Papaya

Pineapple

Plantain, peeled

Prickly pear / nopales

Raspberry - 30 berries

Rhubarb

Strawberry

Tamarind

Tangelo

Meats, Poultry and Meat Substitutes

Beef
Chicken
Chorizo
Foie gras
Kangaroo
Lamb
Pork
Prosciutto
Turkey
Cold cuts / deli meat / cold meats such as ham and turkey breast

Fish and Seafood

Canned tuna
Fresh fish e.g.
Cod
Haddock
Plaice
Salmon
Trout
Tuna
Seafood (ensuring nothing else is added)
Crab
Lobster
Mussels
Oysters
Prawns
Shrimp

Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes

Wheat free breads
Gluten free breads

Bread:

Corn bread
Rice bread
Spelt sourdough bread
Potato flour bread
Wheat free or gluten free pasta
Bread, wheat - 1 slice
Almonds - 10 almonds
Biscuit, oatcakes - 4 cakes
Biscuit, wholegrain oat cereal biscuit - 2 biscuits
Brazil nuts
Bulgur / bourghal - 1/4 cup cooked, 44g serving
Buckwheat
Buckwheat flour
Buckwheat noodles
Brown rice / whole grain rice
Chestnuts
Chips, plain / potato crisps, plain
Cornflour / maize
Crispbread
Corncakes
Cornflakes - 1/2 cup
Cornflakes, gluten free
Corn, canned (up to 1/3 cup)
Corn tortillas, 3 tortillas
Crackers, plain
Flax seeds / linseeds - up to 1 tbsp
Hazelnuts - 10 hazelnuts
Macadamia nuts
Millet
Mixed nuts
Oatmeal, 1/2 cup
Oats
Oatcakes
Peanuts
Pecans - 10 halves
Pine nuts
Polenta
Popcorn
Porridge and oat based cereals



Potato flour
Pretzels
Quinoa
Pasta, wheat - up to 1/2 cup cooked

Rice:

Basmati rice
Brown rice
Rice noodles
White rice
Rice bran
Rice cakes
Rice crackers
Rice flakes
Rice flour
Seeds:
Chia seeds
Dill seeds
Egusi seeds
Hemp seeds
Poppy seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds
Starch, maize, potato and tapioca
Sorghum
Tortilla chips / corn chips
Walnuts

Condiments, Dips, Sweets, Sweeteners and Spreads

Almond butter
Barbecue sauce - check label carefully
Capers in vinegar
Capers, salted

Chocolate:

Dark chocolate - 5 squares

Milk chocolate - 4 squares

White chocolate - 3 squares

Condiments:

Chutney, 1 tablespoon

Dijon mustard

Erythritol (E968 / 968)

Fish sauce

Glucose

Glycerol (E422 / 422)

Jam / jelly, strawberry

Jam / jelly, raspberry - 2 tbsp

Ketchup (USA) - 1 sachet

Maple syrup

Marmalade

Marmite

Mayonnaise - ensuring no garlic or onion in ingredients

Miso paste

Mustard

Oyster sauce

Pesto sauce - less than 1 tbsp

Peanut butter

Rice malt syrup

Saccharine

Shrimp paste

Soy sauce

Sriracha hot chilli sauce - 1 tsp

Stevia

Sweet and sour sauce

Sugar - also called sucrose

Tahini paste

Tamarind paste

Tomato sauce (outside USA) - 2 sachets, 13g

Vegemite

Vinegars:

Apple cider vinegar, 2 tbsp

Balsamic vinegar, 2 tbsp

Rice wine vinegar

Wasabi

Worcestershire sauce - has onion and garlic but very very low amount making it low FODMAP

Drinks and Protein Powders

Coffee:

Espresso coffee, regular or decaffeinated, black

Espresso coffee, regular or decaffeinated, with up to 250ml lactose free milk

Instant coffee, regular or decaffeinated, black

Instant coffee, regular or decaffeinated, with up to 250ml lactose free milk

Coconut, milk - 125ml

Coconut, water - 100ml

Drinking chocolate powder

Kvass

Protein powders:

Egg protein

Rice protein

Sacha Inchi protein

Whey protein isolate

Tea:

Black tea, weak e.g. PG Tips

Chai tea, weak

Fruit and herbal tea, weak - ensure no apple added

Green tea

Peppermint tea

White tea

Water

Dairy Foods and Eggs

Butter, grass fed

Cheese

Brie

Camembert

Cheddar

Cottage - 2 tablespoons

Cream Cheese - 2 tbsp

Feta

Goat / chevre

Haloumi - 40g

Monterey Jack

Mozzarella

Paneer - 2 tbsp

Parmesan

Ricotta - 2 tablespoons

Swiss

Dairy free chocolate pudding

Eggs

Milk:

Almond milk

Hemp milk - 125ml

Lactose free milk

Macadamia milk

Oat milk - 30 ml, enough for cereal

Rice milk - up to 200ml per sitting

Sorbet

Swiss cheese

Tempeh

Tofu - drained and firm varieties

Whipped cream

Yoghurt:

Coconut yoghurt

Greek yoghurt - 23g

Lactose free yoghurt

Goats yoghurt



Cooking ingredients, Herbs and Spices

Herbs: Basil, Bay leaves, Cilantro, Coriander, Curry leaves, Fenugreek, Gotukala, Lemongrass, Mint, Oregano, Pandan, Parsley, Rampa, Rosemary, Sage, Tarragon, Thyme

Spices: All spice, Black pepper, Cardamon, Chili powder (check ingredients, sometimes has garlic added), Chipotle chili powder, Cinnamon, Cloves, Cumin, Curry powder, Fennel seeds, Five spice, Goraka, Mustard seeds, Nutmeg, Paprika, Saffron, Star anise, Turmeric

Oils: Avocado oil, Canola oil, Coconut oil, Olive oil, Rice bran oil, Sesame oil

Garlic infused oil

Onion infused oil

Acai powder

Asafoetida powder - great onion substitute

Baking powder

Baking soda

Cacao powder

Cocoa powder

Cream, 2 tablespoons

Gelatine

Ghee, clarified butter - 1 tbsp

Mango Powder - 1 tsp

Nutritional yeast

Salt

Tahini, hulled - 30g