

# FOODS TO LIMIT / ELIMINATE



Removing certain foods / food groups *for now* will be important in achieving your goals, including energy metabolism, immune support, mental wellbeing and performance.

This is a good opportunity to create new dietary habits with healthier options, before we look at reintroducing these foods as "sometimes foods" in the future.

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## GLUTEN

Known to cause gut dysbiosis and inflammation

Pasta  
Wheat  
Bread / rolls / pita / wraps  
Noodles (ramen, soba)  
Biscuits  
Pastries  
Sauces / spreads / dips  
Crackers  
Pizza  
Pita  
Granola / muesli

## VEGETABLE / SEED OILS

Vegetable oils are found in most packaged foods and used at 99% of restaurants/cafes.

Such oils are toxic for the body in excess, driving inflammation, pain and poor gut health. Read all labels and limit eating out where possible.

Canola oil  
Vegetable oil  
Peanut oil  
Soybean oil  
Safflower oil  
Sunflower oil

Pre-made/packageged  
• sauces, dips, mayonaise

## SOFT DRINKS

## ENERGY DRINKS

## BUBBLE TEA

## FRUIT JUICE

## ALCOHOL

## DAIRY

Cows dairy contains A1 casein's which causes an inflammatory response, often disrupting the health of our gut and skin

Milk  
Whey Protein Cheese  
Dips  
Ice Creams  
Yoghurts

## ULTRA PROCESSED FOODS

Deli meats  
Fake meats  
Chips  
Packaged biscuits, cakes, slices  
Protein bars

## REFINED SUGAR / SWEETENERS

Refined sugar and artificial sweeteners are all greatly pro-inflammatory and drive dysbiosis, weight gain, sugar cravings, hormonal imbalances and poor cognitive health.

Sugar  
Raw / brown sugar  
Maltodextrin  
Dextrose  
Fruit Juice Concentrate  
Syrup / Syrup Solids  
Suclarose  
Splenda / Equal (artificial sweeteners)

## FOODS TO ENJOY



### LEAFY GREENS

Kale (cooked / wilted) Rocket  
Spinach  
Lettuces  
Watercress  
Dandelion

### NON-STARTCHY VEGETABLES

Asparagus  
Artichoke  
Bean Shoots  
Capsicum  
Cucumber  
Eggplant  
Garlic  
Onion/ shallots  
Green beans  
Leeks  
Olives  
Peas  
Radish  
Snow Peas  
Sugar Snap Peas  
Squash  
Tomato  
Zucchini  
Asian veggies (boc choy, pak choy, chinese cabbage etc.)  
Broccoli / Broccolini  
Brussel sprouts  
Cabbage (white and purple)  
Cauliflower

### STARTCHY VEGETABLES

Beetroot  
Carrot  
Pumpkin  
Sweet Potato  
Parsnip

### ALL FRUIT

### ALL HERBS / SPICES

### ANIMAL PROTEIN

Where possible always choose, grass-fed, organic, wild caught, biodynamic.

Beef / Lamb / Game meats / Pork  
Turkey / Chicken  
Organ meats  
Fish  
Eggs

### VEGAN PROTEIN

Where possible always choose organic

Tofu / tempeh  
Beans  
Chickpeas  
Lentils

### HEALTHY FATS / OILS

Always choose whole nuts and seeds. Chop or grind into meals & flours at home.

Almonds, brazil nuts, walnuts, cashews, pumpkin seeds, sunflower seeds, hemp seeds, flaxseeds, chia seeds.

Coconut yoghurt, cream, milk  
Tahini, sesame seeds  
Avocado

Extra virgin olive oil (EVOO) \*in dark bottle  
Avocado oil, coconut oil, macadamia oil  
Ghee, Organic butter

### GF WHOLE-GRAINS

Brown Rice, Wild Rice, Rice noodles  
Buckwheat, Quinoa, Oats (rolled)  
Spelt, Teff, Sorghum, Coconut Flour, Tapioca Flour, Arrowroot

### SWEETENERS

Pure maple syrup  
Honey  
Monk Fruit