

AUTO IMMUNE PROTOCOL

FOODS TO AVOID

GRAINS

amaranth
barley
buckwheat
bulgur
corn
farro
kamut
millet

oats
quinoa
rice
rye
sorghum
spelt
teff
wheat

NIGHTSHADES

cayenne
chili
capsicum
eggplant
goji berry
ground
cherry chilli
peppers
jalepeno
paprika

potato
sweet pepper
tobacco
tomato
tomatillo
wolf berries

SPICES

allspice
star anise
annatto
canola
caraway
cardamom
celery
seed
coriander

cumin
fennel
seed
fennugreek
juniper
mustard
nutmeg
pepper
poppyseed

BEANS/LEGUMES

adzuki beans
black beans
black-eyed
peas
chickpeas
broad beans
kidney beans
lentils
lima beans

green beans
mung beans
peanuts
runner beans
soybeans (including
tofu, tempeh,
edamame, soy
lecithin)

NUTS/SEEDS

almond
brazil
cashew
chestnut
chia seeds
coffee
cocoa
chocolate
flaxseed
hazelnut

hemp
macadamia
pecan
pine
pistachio
poppyseeds
pumpkin
sesame
sunflower
walnut

EGGS

eggs of any kind

SUGARS

agave
agave nectar
barley malt syrup
brown rice syrup
brown sugar
cane sugar
caramel
corn sweetener
fructose
fruit juice concentrate
golden syrup
high fructose corn syrup
inulin
maltodextrin
maltose
refined sugar
treacle

DRINKS

all alcohol
coffee
caffeinated tea
cordial
hot chocolate
soft drinks

OTHERS

artificial colours
lecithin
msg
trans fat
vegetable oil
yeast extract

DAIRY

butter
cheese
cream
cream cheese
yogurt

ghee
milk (including
goats & cow)