

## ✗ Foods to Avoid

Yes, we're focusing on the positives and the amazing foods you can eat. But, just so there's no miscommunication, here is a detailed list of foods to avoid while following the Paleo Approach. The reasons these foods are problematic for people with autoimmune disease are explained in great detail in *The Paleo Approach*.

- ✗ **Grains:** Barley, corn, durum, fonio, Job's tears, kamut, millet, oats, rice, rye, sorghum, spelt, teff, triticale, wheat (all varieties, including einkorn and semolina), and wild rice. See page 368 for hidden sources of wheat and page 369 for hidden sources of corn.
- ✗ **Gluten:** Barley, rye, wheat, and foods derived from these ingredients. See page 368 for hidden sources of gluten and gluten cross-reactors and commonly contaminated foods.
- ✗ **Pseudograins and grainlike substances:** Amaranth, buckwheat, chia, and quinoa.
- ✗ **Dairy:** Butter, butter oil, buttermilk, cheese, cottage cheese, cream, curds, dairy protein isolates, ghee, heavy cream, ice cream, kefir, milk, sour cream, whey, whey protein isolate, whipping cream, and yogurt. (Cultured grass-fed ghee might be tolerated.) See page 371 for hidden sources of dairy.
- ✗ **Legumes:** Adzuki beans, black beans, black-eyed peas, butter beans, calico beans, cannellini beans, chickpeas (aka garbanzo beans), fava beans (aka broad beans), Great Northern beans, green beans, Italian beans, kidney beans, lentils, lima beans, mung beans, navy beans, peanuts, peas, pinto beans, runner beans, split peas, and soybeans (including edamame, tofu, tempeh, other soy products, and soy isolates, such as soy lecithin). See page 370 for hidden sources of soy.
- ✗ **Processed vegetable oils:** Canola oil (aka rapeseed oil), corn oil, cottonseed oil, palm kernel oil, peanut oil, safflower oil, soybean oil, and sunflower oil.
- ✗ **Processed food chemicals and ingredients:** Acrylamides, artificial food color, artificial and natural flavors, autolyzed protein, brominated vegetable oil, emulsifiers (carrageenan, cellulose gum, guar gum, lecithin, xanthan gum), hydrolyzed vegetable protein, monosodium glutamate, nitrates or nitrites (naturally occurring are OK), olestra, phosphoric acid, propylene glycol, textured vegetable protein, trans fats (partially hydrogenated vegetable oil, hydrogenated oil), yeast extract, and any ingredient with a chemical name that you don't recognize.
- ✗ **Added sugars:** Agave, agave nectar, barley malt, barley malt syrup, beet sugar, brown rice syrup, brown sugar, cane crystals, cane juice, cane sugar, caramel, coconut sugar, corn sweetener, corn syrup, corn syrup solids, crystalline fructose, date sugar, dehydrated cane juice, demerara sugar, dextrin, dextrose, diastatic malt, evaporated cane juice, fructose, fruit juice, fruit juice concentrate, galactose, glucose, glucose solids, golden syrup, high-fructose corn syrup, honey, inulin, invert sugar, jaggery, lactose, malt syrup, maltodextrin, maltose, maple syrup, molasses, monk fruit (luo han guo), muscovado sugar, palm sugar, panela, panocha, rapadura, raw cane sugar, raw sugar, refined sugar, rice bran syrup, rice syrup, saccharose, sorghum syrup, sucanat, sucrose, syrup, treacle, turbinado sugar, and yacon syrup. See page 370 for hidden sources of added sugars. See page 56 for a list of the best sweeteners to use for occasional Paleo Approach–friendly treats.
- ✗ **Sugar alcohols:** Erythritol, mannitol, sorbitol, and xylitol. (Naturally occurring sugar alcohols found in whole foods like fruit are OK.)
- ✗ **Nonnutritive sweeteners:** Acesulfame potassium, aspartame, neotame, saccharin, stevia, and sucralose.
- ✗ **Nuts and nut oils:** Almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts, and any butters, flours, oils, or other products derived from these nuts. (Coconut is an exception and may be consumed in moderation, as discussed on page 44; macadamia nut oil and walnut oil might be tolerated.)
- ✗ **Seeds and seed oils:** Chia, flax, hemp, poppy, pumpkin, sesame, and sunflower seeds, and any butters, flours, oils, and other products derived from these seeds.
- ✗ **Nightshades or spices derived from nightshades:** Ashwagandha, bell peppers (aka sweet peppers), cape gooseberries (ground cherries, not to be confused with regular cherries, which are OK), cayenne pepper, eggplant, garden huckleberries (not to be confused with regular huckleberries, which are OK), goji berries (aka wolfberries), hot peppers (chili peppers and chili-based spices), naranjillas, paprika, pepinos, pimentos, potatoes (sweet potatoes are OK), red pepper, tamarillos, tomatillos, and tomatoes. (Note: Some curry powders contain nightshade ingredients.)
- ✗ **Spices derived from seeds (small amounts might be tolerated):** Anise, annatto, black caraway (aka Russian caraway, black cumin), celery seed, coriander, cumin, dill, fennel, fenugreek, mustard, and nutmeg.
- ✗ **Spices derived from berries and fruits (small amounts might be tolerated):** Allspice, star anise, caraway, cardamom, juniper, pepper (derived from black, green, pink, or white peppercorns; note that red pepper is a nightshade), sumac, and vanilla bean.
- ✗ **Eggs:** Although egg yolks might be tolerated.
- ✗ **Alcohol:** Although an occasional drink after remission might be tolerated.
- ✗ **Coffee:** Although an occasional cup might be tolerated.
- ✗ **Algae:** Spirulina and chlorella (might be tolerated).
- ✗ **High-glycemic-load foods:** Generally these foods are already avoided (examples include bread, pasta, grains, juice, sweetened beverages, cakes, cookies, and candy). Dried fruit that is high glycemic load might be used to flavor a dish.