

# Foods to Eat with Caution

- **Low Glycemic Fruit** that is not moldy (see the Good Foods List). Keep it to 1 serving per day. Fruit can cause issues with blood sugar and may need to be avoided.
- **Starchy Vegetables:** Sweet Potatoes, Winter Squash
- **Eggs** free of Antibiotics, Hormones, and Parasites (can cause food allergies).
- **High Fat Nuts and Seeds:** Almonds, Brazil Nuts, Filberts (Hazelnuts), Pecans, Walnuts, Macadamia Nuts, Walnuts, Chestnuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, and Flax Seeds (can cause food allergies).
- **Herbal Teas Are Fine And Organic Coffee** (No more than 2 Cups without milk and sugar). Coffee and teas tend to harbor molds and can cause sensitivities. Caffeine also increases blood sugar.
- **Grains** should be limited if eaten at all. Only unprocessed Whole Grains such as Millet, Quinoa, Amaranth, Buckwheat, Oats, and Barley should be used (can cause food allergies).
- **Anything that causes symptoms should be avoided!**