

# AUTOIMMUNE

## FOODS TO ENJOY AND FOODS TO AVOID

### Enjoy

- Pastured meats like beef, chicken, turkey, lamb, duck, and bison
- Bone broth and organ meats from pastured animals
- Wild-caught fish and shellfish
- Animal fats like tallow, lard, and duck fat from pastured animals
- Tropical oils like coconut and red palm (sustainably harvested)
- Olive oil and avocado oil (for cold applications)
- Any fruit
- Any vegetable (except nightshades), especially leafy green veggies, roots and tubers
- Herbs and spices that are not seeds or nightshades, like thyme, rosemary, turmeric, garlic, ginger, etc.
- Coconut flakes and coconut butter
- Vinegars, like apple cider, or coconut
- Fermented foods like saurkraut, kombucha and water kefir

### Avoid

- Grains (including pseudo-grains like quinoa)
- Beans and legumes
- Dairy
- Egg (of any kind)
- Nuts and seeds
- Coffee .
- Nightshade vegetables (tomatoes, bell peppers, hot peppers, eggplant, potatoes)
- Food chemicals and non-nutritive sweeteners, including stevia
- Alcohol
- NSAIDs (Ibuprofen or anti-inflammatories)