

The Autoimmune Shopping Guide

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4 Basic Autoimmune Shopping Principles

1. Non-GMO
2. Mostly organic
3. Gluten-free
4. Plant-based, vegan

Personalize it:

Get a gut sensitivity test to see if there are specific items you need to avoid. For example, some need to avoid nightshades until they are better (tomatoes, bell peppers, eggplant, potatoes).

The 11 GMO crops (always get organic):

Unless labeled otherwise, these are almost always GMO:

1. Soy
2. Corn
3. Canola
4. Cottonseed (usually as an oil)
5. Sugar (from sugar beets)
6. Zucchini
7. Yellow squash
8. Apples
9. Potatoes (White Russet variety)
10. Papaya (from Hawaii or China, Mexican papaya is not GMO)
11. Alfalfa (used as hay to feed cattle)



Dirty Dozen (always get organic):

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|-----------------|------------------|
| 1. Strawberries | 7. Cherries |
| 2. Spinach | 8. Grapes |
| 3. Nectarines | 9. Celery |
| 4. Apples | 10. Tomatoes |
| 5. Peaches | 11. Bell peppers |
| 6. Pears | 12. Potatoes |

Also best to get organic:

- Anything where you eat the skin (berries, leafy greens, cucumbers, etc.)
- Rice (arsenic and lead contamination)
- Sunflower and lentils (can be mutation-bred)

TIPS:

Tag # starting with a 9 = organic

USDA certified organic foods cannot be irradiated

Ok Non-Organic:

Avocados
Bananas

Thyroid Issues: Steam or bake cruciferous vegetables (kale, collard greens, cabbage, broccoli, cauliflower, arugula). For juicing use swiss chard, romaine lettuce, spinach, and beet greens instead.

Read labels and avoid all:

- **Gluten** (products with wheat)
- **Dairy** (cheese, yogurt, ice cream, milk, etc.)
- **Meat** (inflammatory, usually fed GMO hay)
- **Fish, seafood** (heavy metal contamination)
- **Eggs** (high risk of bacterial contamination)
- **Peanuts and pistachios** (mold contamination)
- **Citric acid** (usually made from GMO corn)
- **Vinegar, black/white pepper** (irritating to digestion)

Good Options:

Gluten-free grains: buckwheat (not a wheat) quinoa, millet, amaranth, teff, rice, corn, oats (if certified gluten-free), sorghum

Himalayan salt (pink salt) and **Celtic sea salt** (a moist gray salt) has all 84 trace minerals

Tofu is easier to digest when it's sprouted.

Ripe green olives

Almonds, almond milk, and almond butter:

- Almonds are fumigated or steam pasteurized.
- Companies that **do not fumigate** their almonds but steam pasteurize instead: Blue Diamond, Silk, Costco raw almonds and almond butter, Sprouts bulk almonds, Whole Foods 365, So Delicious
- Organic nuts cannot be fumigated.

Oats: Contaminated with gluten. So make sure your oats are organic *and* gluten-free.

Soak: all grains, legumes, nuts, and seeds (except cashews, brazil nuts, macadamia nuts, pine nuts, chia, flax, sesame)

- 8 hours or overnight
- Drain, rinse well
- Dry: in a dehydrator at 105°F or in the oven at the lowest heat with oven door cracked open

First 2 Weeks Diet (or until feeling better)

- No nuts
- No legumes: beans, lentils, soy
- No grains: corn, oats, rice, millet, sorghum, teff
- Eat seeds instead: **quinoa, buckwheat, chia, flaxseed, sesame, pumpkin seeds**
- Eat plenty of **vegetables and fruits**
- For high calories focus on **potatoes, sweet potatoes, coconut, avocados**

As your health improves (hopefully by the end of the 2 weeks) you can start reintroducing gluten-free grains, legumes, and nuts.