

# Wheat Belly Diet

Enjoy Unlimited	Enjoy Limited	Eliminate
<b>Vegetables</b> Fresh or Frozen Except Potatoes Never Canned <b>Raw Nuts and Seeds</b> Walnuts Pecans Hazelnuts Pistachios Brazil Nuts Cashews Dry-Roasted Peanuts (not roasted in oil) Pumpkin Seeds Sunflower Seeds <b>Healthy, unheated oils</b> (1 tsp. at each meal) Olive Flaxseed Coconut Avocado Walnut <b>Meats (free-range/organic)</b> Red Meats Pork Fish Chicken Turkey Eggs <b>Non-wheat Grains (like</b> Ground Flaxseed, Chia Seeds) <b>Teas/Coffee</b> <b>Water</b> Unsweetened Almond Milk Coconut Milk/Water Real Cultured Cheeses Avocado/Guacamole Hummus Unsweetened Condiments (mayo, mustard, oil-based salad dressings, ketchup without HFCS, pesto, tapenades) <b>Olives</b>	<b>Fruit (2 servings/day)</b> Berries of all varieties Citrus Apples Nectarines Peaches Melons Bananas Pineapple Mangoes Grapes <b>Fruit Juices (2-4 oz., 100% juice)</b> <b>Dairy Products (1 serving/day)</b> Cottage Cheese Unsweetened Yogurt <b>Legumes/Beans</b> Peas <b>Sweet Potatoes/Yams</b> <b>Rice (white and brown)</b> <b>Soy</b> <b>Dark Chocolates</b> (70%+ cocoa; 40g/day) <b>Sugar-free Foods</b> (preferably Stevia and not Aspartame)	<b>All Wheat-Based Products</b> Breads Breakfast Cereals Noodles Pasta Bagels Muffins Waffles Donuts Pretzels Crackers <b>Rice Flour Products</b> <b>Potato Flour Products</b> <b>Oat Products (Oatmeal, Oat Bran)</b> <b>Cornstarch-Based Products</b> Sauces/Gravies thickened with Cornstarch Cornmeal Products (Chips, Tacos, Tortillas) <b>Sugar</b> Sugary Soft Drinks Candies Foods containing HFCS Honey Agave Syrup Sucrose processed Rice <b>Fried Foods</b> <b>Processed Foods (Fast Foods)</b> <b>Hydrogenated "Trans" Fats</b> <b>Cured Meats</b> Hot dogs Sausage Bacon Bologna Pepperoni <b>Potato Chips</b> <b>Fat-free/low-fat salad dressings</b> <b>"GF" Foods (if High-GI)</b>