

## Dysbiosis Diet

This diet is an all natural way to break the cycle of bacterial imbalance and restore your digestive health. This is NOT a gluten-free diet.

*Side effects may include: increased energy, lowered cholesterol and blood pressure, and weight management.*

**Read labels on all processed, prepared or frozen foods including canned vegetables, soups, salad dressing, barbeque sauce, marinades, dried spice blends and mixes.**

CHOOSE THIS...	INSTEAD OF THIS...
<p style="text-align: center;"><b>Sweeteners</b></p> <p>If you must sweeten something, choose:</p> <ul style="list-style-type: none"> <li>• Honey</li> <li>• 100% Pure Stevia Extract (such as liquid <i>Nu Naturals</i> brand)</li> <li>• 100% Fruit Juices (no <b>added</b> sugars)</li> <li>• Unsweetened Dried Fruit (<i>Made In Nature</i> is a good brand.)</li> </ul>	<p style="text-align: center;"><b>Sweeteners</b></p> <p>Avoid added sugar and artificial sweeteners including:</p> <ul style="list-style-type: none"> <li>• White, Brown, and Turbinado Sugar</li> <li>• Evaporated Cane Juice</li> <li>• Agave</li> <li>• Corn Syrup, High Fructose Corn Syrup</li> <li>• Brown Rice Syrup</li> <li>• Malt Syrup, Malt Extract</li> <li>• Maple Syrup</li> <li>• Molasses</li> <li>• Artificial Sweeteners such as Sucralose (Splenda), Saccharin (Sweet-n-Low), Aspartame (Nutrasweet, Equal), Acesulfame-K</li> <li>• Sugar Alcohols (such as maltitol, mannitol, sorbitol, xylitol, etc.)</li> </ul>
<p style="text-align: center;"><b>Grains &amp; Starches</b></p> <p><i>100% Whole Grains:</i> Amaranth, Barley, Brown Rice, Buckwheat, Bulgur, Corn, Farro, Flax, Kamut, Millet, Oats, Popcorn, Rye, Spelt, Quinoa, Sorghum, Teff, Triticale, Wild Rice, Wheat Berries, Wheat Germ, Wheat Bran.</p> <p>*Avoid gluten-containing grains/products if you have Celiac disease or gluten sensitivity. See <i>Modified Specific Carbohydrate Diet</i> <b>Gluten-Free</b>.</p> <p><i>100% Whole Grain Products:</i></p> <ul style="list-style-type: none"> <li>• <u>Flour</u>: Choose only those made with 100% whole grains.</li> <li>• <u>Bread Products</u>: choose from homemade using a 100% whole grain flour and honey instead of sugar (bread machine makes this easier!) or commercial loaf purchased from store made with 100% whole grains and containing least amount of sugar and simple ingredients. <i>Food for Life</i> Ezekiel bread is a good quality product found in the frozen section.</li> <li>• <u>Crackers</u>: choose those made with 100% whole grains, no added refined starches or sugar. Some recommended brands include <i>Ak-Mak</i>, <i>Triscuits</i>, and <i>Mary's Gone Crackers</i>.</li> </ul>	<p style="text-align: center;"><b>Grains &amp; Starches</b></p> <p>Avoid products made with Refined Grains and Starches, such as:</p> <ul style="list-style-type: none"> <li>• Corn Starch, Modified Corn Starch or Corn Flour</li> <li>• Maltodextrin</li> <li>• Tapioca including whole tapioca, tapioca flour and starch</li> <li>• White Potatoes, Potato Starch or Potato Flour</li> <li>• Wheat Flour including: all purpose flour, unbleached, bleached or enriched flour</li> <li>• White Rice or White Rice Flour</li> </ul>

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<p>Grains &amp; Starches continued...</p> <ul style="list-style-type: none"> <li><b>Pasta:</b> choose those made with 100% whole grains, no added refined starches or sugar. Try <i>Lundberg</i> brand brown rice pasta for a great tasting, gluten free pasta alternative.</li> <li><b>Tortillas:</b> choose those made with 100% whole grains, such as whole corn, brown rice, etc. <i>Food for Life</i> brand is a good quality product found in the frozen section.</li> <li><b>Oatmeal and Cereals:</b> choose from steel cut or rolled oats, and cereals made with 100% whole grains without added refined starches or sugar. Recommend homemade granola (many recipes available on the internet) or <i>Original Shredded Wheat</i> cereal.</li> </ul> <p>Beans, Peas, and Lentils are a great source of protein and fiber. Cooked from dry is best and least expensive, but canned (without added sugar) may be used.</p>	<p>Avoid all soy products including: soy or soya beans, soy oil, soy flour, soy nuts, soy grits, hydrolyzed, or isolated soy protein; miso, tofu, tempeh, condiments/sauces including (frequently found in BBQ sauces and salad dressings): soy sauce, shoyu or tamari and teriyaki or products including these ingredients.</p> <p>Avoid flavored canned beans or canned beans in sauce like baked or barbeque beans or chili beans in sauce.</p>
Milk, Yogurt & Cheeses	Milk, Yogurt & Cheeses
<p>Unsweetened Almond Milk, Lactose-Free Milk, Homemade Ice Cream or Homemade Frozen Yogurt (made using allowed ingredients), Plain Greek yogurt (sweeten with honey and add your own fruit), Coconut Milk (canned and unsweetened)</p> <p>Low-lactose aged cheeses such as Asiago, Blue, Brie, Camembert, Cheddar, Colby, Gorgonzola, Gouda, Gruyere, Havarti, Limburger, Monterey Jack, Muenster, Parmesan, Provolone, Roquefort, Romano, Stilton, and Swiss. ***<i>You can also tell if the cheese has been aged enough by looking at the sugar grams. If it's zero, that means it's low in lactose and okay.</i></p>	<p>Avoid dairy foods that are high in lactose (milk sugar) such as Regular Milks (whole, 2%, lowfat or skim milk), Goat Milk/Goat Cheese, Buttermilk, Heavy Cream, Half-and-Half, Coffee Creamer, Commercial Dairy Ice Cream, Frozen Yogurt, Sour Cream, Cream Cheese/Neufchatel, Cottage Cheese, Regular Yogurt, Whey Protein Powder</p> <p>High-lactose cheeses such as American, Feta, Mozzarella, Ricotta, and Pre-Packaged Shredded Cheese of any kind (contains refined starch).</p>
Fruit & Vegetables	Fruit & Vegetables
<p><b>Choose a variety of colorful fruits and vegetables!</b> Best choices are fresh or frozen.</p>	<p>Avoid fruits and vegetables with added sugar or starches.</p>
Nuts & Nut Butters	Nuts & Nut Butters
<p>Choose Nuts and Nut or Seed Butters (peanut, almond, sunflower, etc.) without added sugar in the ingredient list.</p>	<p>Avoid nuts and nut butters with added sugar in the ingredient list.</p>

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CHOOSE THIS...	INSTEAD OF THIS...
<b>Meat, Seafood &amp; Eggs</b>	<b>Meat, Seafood &amp; Eggs</b>
<p>Eggs, Fresh or Frozen Meats (poultry, beef, pork, lamb, fish, shellfish), meats/seafood without breading/flour UNLESS breaded at home using allowed starches/grains, Bacon (without added sugar).</p> <p>Most deli meats contain added starches and possibly gluten, so make sure you are reading the ingredient list to avoid this. Recommended brands include <i>Boar's Head</i> and <i>Applegate Farms</i>.</p>	<p>Avoid Breaded Meats, Processed Meats such as Sausage (<i>you can make your own sausage</i>), Hot Dogs, Potted Meat, Vienna Sausages, and Deli Meats that contain added sugars or starchy fillers in the ingredient list.</p>
<b>Oils &amp; Butter</b>	<b>Oils &amp; Butter</b>
<p>Oils for Cooking, Sautéing, and Frying: Extra Virgin Olive Oil, Coconut Oil, Grapeseed Oil, Avocado Oil, Sunflower Oil, Safflower Oil, Ghee</p> <p>Low or Non-Heated Oils: Coconut Oil, Hemp Seed Oil, Flax Seed Oil, Olive Oil, Nut oils including Walnut and, Almond Oils.</p>	<p>"Light" Butters or Margarines with added starches and/or sweeteners</p>
<b>Seasonings, Condiments, &amp; Miscellaneous Ingredients</b>	<b>Seasonings, Condiments, &amp; Miscellaneous Ingredients</b>
<p>Fresh or Dried Herbs and Spices; Homemade Ketchup, Homemade BBQ Sauce, and homemade Fruit Jam; Vinegars, Mustards, Dill pickles, Unsweetened Coconut, Homemade Broth, Homemade Soup</p> <p>Granola bar replacement: make own or <i>Larabar</i>.</p>	<p>Bouillon, Seasoning Packets, Commercial Broths and Canned Soup; Commercial Salad Dressings, Ketchup, BBQ Sauce, and Fruit Jam/Jelly; Xanthan Gum, Guar Gum</p>
<b>Beverages</b>	<b>Beverages</b>
<p>Water, 100% No-Sugar-Added Fruit Juice (diluted 50/50 with water), Tea, Coffee, Seltzer Water, Tomato Juice</p>	<p>Beverages with sugar and/or artificial sweeteners.</p>

# Dysbiosis Diet

## Four Day Sample Menu

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Day 1	Omelet or egg scramble with veggies, fruit of choice	Chicken, beef, or shrimp fajitas with salsa and warmed corn tortillas	Roasted pork loin baked with mustard and honey served over cooked millet, and carrots
Day 2	Smoothie with fruit, plain Greek yogurt, unsweetened almond milk, honey	Sliced apple with nut butter, cheddar cheese cubes, and mixed green salad with homemade vinaigrette	Roasted chicken with garlic and rosemary, baked sweet potatoes, and green beans
Day 3	Homemade granola with unsweetened almond milk and a small banana or other seasonal fruit (1/2 cup)	Large mixed salad with grilled meat, chickpeas, roasted peppers, parmesan cheese, and homemade vinaigrette dressing	Stuffed peppers with beef, brown rice, onion, garlic, and tomatoes
Day 4	Oats with sliced almonds, raisins, cinnamon, and honey	Stuffed avocado or tomato with chicken or turkey salad, Mary's Gone Crackers or fruit on the side	Brown rice pasta with tomato sauce, parmesan cheese, and sautéed or grilled zucchini
	Snacks: Sliced apple or pear with unsweetened nut/seed butter, Hummus with carrots or celery, Walnuts and raisins, Cheese (allowable) cubes and grapes		

If you would like additional help with planning your new diet, please make an appointment with Ashley Carpenter, RD (Registered Dietitian) at FirstHealth Fitness.

*Call 910-715-2674 or email [acarpenter@firsthealth.org](mailto:acarpenter@firsthealth.org).*