

## Gluten-Free Dysbiosis Diet

This diet is an all natural way to break the cycle of bacterial imbalance and restore your digestive health. This is 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...
<b>Sweeteners</b>	<b>Sweeteners</b>
<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>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>
<b>Grains &amp; Starches</b>	<b>Grains &amp; Starches</b>
<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 or starch) may be used.</p> <p><i>100% Gluten-Free Whole Grains:</i>            Amaranth, Bean flours (pinto, gar-fava, garbanzo), Buckwheat, Corn, Flax, Millet, Montina, Nut flours (almond, pecan, etc.), Oats (certified gluten-free), Popcorn, Quinoa, Rice (brown, black, red) Sorghum, Teff and Wild Rice.</p> <p><i>100% Gluten-Free Whole Grain Products:</i></p> <ul style="list-style-type: none"> <li>• <u>Flour</u>: Choose only those made with 100% whole grains; may also use almond, bean, or coconut flours</li> <li>• <u>Crackers</u>: Choose those made with 100% whole grains, no added refined starches or sugar. Recommend <i>Mary's Gone Crackers brand</i>.</li> <li>• <u>Bread</u>: No acceptable commercial versions available at this time. Choose homemade lentil bread or homemade bread prepared with almond or coconut flour.</li> </ul>	<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> <p>Avoid products made with Refined and Gluten Containing Grains and Starches and those starches not allowed on Specific Carbohydrate Diet, such as:</p> <ul style="list-style-type: none"> <li>• Barley (including barley malt, extract or barley flavorings)</li> <li>• Bulgur (cracked wheat)</li> <li>• Corn Starch, Modified Corn Starch or Corn Flour</li> <li>• Couscous (made from wheat, Lundberg makes organic brown rice couscous that is acceptable)</li> </ul>

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CHOOSE THIS...	INSTEAD OF THIS...
<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 certified gluten free oat products: steel cut or rolled oats, quinoa, and cereals made with 100% whole grains without added refined starches or sugar. If you want dry cereal, recommend homemade granola (many recipes available on the internet)</li> </ul>	<p>Grains &amp; Starches to Avoid continued...</p> <ul style="list-style-type: none"> <li>• Durum</li> <li>• Einkorn</li> <li>• Farro</li> <li>• Graham</li> <li>• Kamut</li> <li>• Matzoh meal</li> <li>• Oats (unless certified gluten free)</li> <li>• Polish wheat</li> <li>• Rye</li> <li>• Semolina</li> <li>• Spelt</li> <li>• Triticale (Wheat &amp; rye crossbred)</li> <li>• Wheat including all purpose flour, Wheat Bran, Germ)</li> <li>• Maltodextrin</li> <li>• Tapioca including whole tapioca, tapioca flour and starch</li> <li>• Potato Starch or Potato Flour</li> <li>• White Rice or White Rice Flour</li> </ul>
Milk, Yogurt & Cheeses	Milk, Yogurt & Cheeses
<p><b>Unsweetened Almond Milk</b>, 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), <b>Coconut</b> Milk (canned and unsweetened), homemade nut/coconut milk yogurts/ice cream.</p> <p>Low-lactose aged cheeses such as Asiago, Brie, Camembert, Cheddar, Colby, Gorgonzola, Gouda, Gruyere, Havarti, Limburger, Monterey Jack, Muenster, Parmesan, 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> Fresh or frozen.</p>	<p>Avoid fruits and vegetables with added sugar or starches.</p>
Nuts/Seeds & Nut/Seed Butters	Nuts/Seeds & Nut/Seed Butters
<p>Choose Nuts and Nut or Seed Butters (peanut, almond, sunflower, etc.) without added sugar in the ingredient list. Hemp hearts or powder.</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 gluten-free 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, Sauteing: 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, Extra Virgin 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 100% Fruit Jam; Vinegars (except malt vinegar), Mustards, Dill pickles, Unsweetened Coconut, Homemade Broth, Homemade Soup</p> <p>Granola bar replacements: make own or <i>Larabar</i>.</p>	<p>Malt Vinegar, Soy Sauce, Bouillon, Seasoning Packets, Commercial Broths and Canned Soup, Barley Malt; Commercial Salad Dressings, Ketchup, BBQ Sauce, and Fruit Jam/Jelly; Xanthan Gum, Guar Gum, Pectin</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>

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### 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 unsweetened almond milk, fruit, Greek yogurt, 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, wild rice, onion, garlic, and tomatoes
Day 4	Oats with sliced almonds, raisins, cinnamon, and honey	Avocado or tomato stuffed 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, Walnuts and raisins, Cheese (allowable) cubes and grapes or seasonal berries		

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).*