

# WHEAT BELLY DIET

## FOODS

### FOODS TO EAT



**Fresh veggies:** cruciferous veggies, leafy greens, peppers, mushrooms, asparagus, artichoke



**Fresh fruit:** berries, apples, melon, citrus fruits, pineapple, papaya, mango, banana



**Healthy fats:** coconut oil, olive oil, raw nuts and seeds, avocado, coconut milk, olives, cocoa butter, grass-fed butter or ghee



**Grass-fed meat and eggs**



**Wild-caught fish**



**Full-fat cheeses**



**Fermented foods:** kefir or yogurt, pickled or cultured vegetables, and in moderation: tofu, tempeh, miso, natto



**Unprocessed grains in moderation:** quinoa, millet, buckwheat, brown rice, amaranth

### FOODS TO AVOID



**Grain-based desserts:** cakes, cookies, donuts, pies, crisps, cobblers, granola bars



**Breads**



**Most cereals**



**Pizza**



**Pasta and noodles**



**Chips and crackers**



**Wheat tortillas, wraps, burritos and tacos**



**Fast food & Trans fats, fried foods and cured meats**



**Take-out, including most Mexican or Italian dishes, burgers and deli sandwiches**



**Breaded proteins like chicken cutlets, processed meats, hot dogs and frozen veggie burgers**



**Added sugar, including high-fructose corn syrup, sucrose, dried fruit, juices and sugary beverage**



**Processed rice and potato products**

# Wheat Belly

**R Bogdan**



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