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

Dr. Axe
FOOD IS MEDICINE

[Wheat Belly](#)

Didier Musso

Wheat Belly:

Enjoying the Song of Expression: An Psychological Symphony within **Wheat Belly**

In some sort of taken by screens and the ceaseless chatter of immediate interaction, the melodic elegance and mental symphony developed by the prepared word usually fade in to the backdrop, eclipsed by the constant sound and distractions that permeate our lives. However, located within the pages of **Wheat Belly** a charming fictional treasure filled with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that interesting masterpiece conducts visitors on a psychological trip, skillfully unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths with this moving evaluation, we shall examine the book is key harmonies, analyze their enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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Wheat Belly Introduction

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