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Health & Wellness Coaching

Food Reintroduction List

Remember, reintroducing these foods is optional. If you feel great on your current diet and have no desire to add any of these foods back into your diet, you certainly don't have to. If you do choose to reintroduce some or all of these foods, make sure to follow these food reintroduction principles:

- Reintroduce only one food every three days
- Keep a food diary to track your symptoms
- "Low and slow" wins the game (don't rush!)
- Context matters (you might find that you're able to tolerate certain foods well at some times, but not others)

I've listed individual foods that many of my patients struggle to tolerate as examples on the next pages. As a suggested guide, start reintroduction with egg yolks, then proceed to egg whites and continue with the nightshades, then dairy, and then the nuts and seeds category. Any other foods that have been eliminated can then be reintroduced, such as rice, chocolate, or buckwheat. Realize this is an individual process. Seek the guidance of a nutrition expert if you need individual guidance. This guide is meant to be a general reference and does not cover every possible food item. For example, nuts are not included in the preceding pages, but need to be carefully reintroduced, such as starting with almonds, then walnuts, then pumpkin seeds, then sunflower seeds, and so on.



Eggs

Food	Comments
Egg yolks	Yolks contain most of the nutrients and are better tolerated; raw or cooked
Egg whites	Whites must always be cooked; one of the more common allergens

Nightshades

Food	Comments
Tomatoes/tomatillos (raw)	Raw tomatoes are often better tolerated than cooked
Tomatoes/tomatillos (cooked)	See above
Potatoes	Avoid the skin on white potatoes
Eggplant	Often not well tolerated by people with arthritis/joint/digestive problems
Chili pepper/paprika/cayenne	Make sure to check labels



Diary Products

Food	Comments
Ghee	No detectable casein or lactose; almost everyone can tolerate (ghee is permitted during the Reset, but if you removed it you can try adding it back here)
Butter	Very little casein and <1% lactose; usually well-tolerated
Kefir	Homemade 24-hour kefir <1% lactose; store-bought 1-3.5% lactose
Homemade yogurt	Homemade 24-hour yogurt <1% lactose; usually well-tolerated
Store-bought yogurt	4.1-4.7% lactose (because it's only fermented for 3-4 hours)
Hard cheese	0-3.5% lactose depending on variety; significant amounts of casein
Soft cheese	0-5% lactose depending on variety; significant amounts of casein
Cream	a.k.a. "full-fat cream", "whipping cream" or "heavy cream"; 3% lactose
Sour Cream	3-4.3% lactose; try to find a "live, cultured" sour cream or make it at home
Buttermilk	3.6-5.0% lactose; try to find "live, cultured" variety
Ice cream	3.1-8.4% lactose; homemade is best so you control sugar content



Diary Products

Food	Comments
Raw milk	3.7-5.1% lactose; contains beneficial bacteria that aid in digestion
Half & half	Half cream and half pasteurized milk; not well tolerated by most
Pasteurized milk	3.7-5.1% lactose; do not recommend pasteurized milk for most people

Note: the Nuts and seeds category is extensive. The list below only represents a partial list. Many people react differently to various nuts and seeds so follow the introduction guidelines and add any that you wish to trial one at a time. The table below is just an example to help you get started. See the complete list of nuts and seeds below the table. For reintroduction begin with a trial of 1-2 tablespoons of the nut or seed category or 1 tablespoon of nut or seed butter or flour. Some people who do not tolerate the full form or butter might find they can tolerate the oil just fine so you might need to separately add back in the various forms to assess tolerance. We recommend you trial very clean nut or seed butters without additional added ingredients.

Nuts and Seeds

Food	Comments
Almonds	Soaked and sprouted are tolerated best by many; may be problematic in those sensitive to foods high in oxalates.
Walnuts	Soaked and sprouted is the best trial option if possible.



Nuts and Seeds

Food	Comments
Pumpkin Seeds	Soaking and sprouting recommended; in this form an excellent source of zinc and other nutrients.
Sunflower Seeds	Prepare as mentioned above is the best first option if possible, but not required.
Flax Seeds	Best fresh ground and stored in the fridge as this seed can easily oxidize.

Nuts: Almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios or walnuts or any flours, butters, oils or other products derived from these.

Seeds: Chia, flax, hemp seeds, poppy, pumpkin, sesame, and sunflower and any flours, butters, oils and other products derived from them.

Spices derived from seeds to consider (*small amounts might be tolerated*): Anise, annatto, black caraway, celery, coriander, cumin, dill, fennel, fenugreek, mustard and nutmeg.

Chocolate

Food	Comments
Dark chocolate (>70%, >85% preferred)	Limit to 1–2 silver dollar size servings a day; be careful eating chocolate at night, since some people find it stimulating



Concentrated Sweeteners (Use in moderation)

Food	Comments
Coconut sugar	More fructose than glucose, but higher mineral content than most sugars
Honey	Raw, unfiltered honey preferred; contains beneficial enzymes and nutrients
Molasses	Approx. 50/50 glucose/fructose; significant vitamin/mineral content
Maple syrup	Mostly sucrose (50/50 glucose/fructose); relatively low in nutrients
Stevia	300-500 times sweeter than sucrose; negligible effect on blood sugar
Dextrose	100% glucose; well-utilized but no nutrients
Sucrose (table sugar)	50/50 glucose/fructose; highly processed with no nutrients

Caffeine

Food	Comments
Kukicha (twig) tea	5 mg of caffeine per cup
Dark chocolate	About 20 mg per ounce
Green tea	30 mg of caffeine per cup



Caffeine

Food	Comments
Yerba Mate	30 mg of caffeine per cup; individual tolerance varies
Black tea	50 mg of caffeine per cup
Brewed coffee	133 mg of caffeine per cup
Starbucks Grande coffee	320 mg of caffeine total!

Grains / Pseudo-grains

Food	Comments
White rice	Whole white rice, rice noodles; caution for those with blood sugar issues
Buckwheat	Must be soaked/soured first

Alcohol

Food	Comments
Wine	Not well tolerated by people with sensitivity to yeast
Tequila	Made from blue agave plant; usually well-tolerated
Vodka	Potato vodka preferred (Zodiac, Cirrus, Schramm, Chopin, Karlsson's)
Sake	Made from rice