DR. GUNDRY’S FOOD PYRAMID

KEY
- Eat a very limited quantity, 1-2 times per week.
- Enjoy in moderation.
- OK to eat a limited quantity per meal.
- Go nuts! Eat as much as you would like!

- Grass-fed, pasture-raised meat
- Southern European Cow’s, Goat’s, Sheep and Buffalo Milk
- Red wine, champagnes, dark spirits
- Wild-Caught Seafood
- Pastured Poultry, and Omega-3 Eggs
- In-season fruits
- Nuts (not legumes), approved flour alternatives, sorghum and millet
- Resistant starches
- Approved fats
- Leafy greens and cruciferous vegetables

Don’t eat anything!
Skip one, two, or a whole day’s meals
Intermittent fasting is great for your health

FORBIDDEN FOODS

- Refined, Starchy Foods:
  - Rice, bread, cereal, pastry, potatoes, flour, and cookies.
- Sugar, Agave, honey, maple syrup, aspartame, and most other artificial sweeteners.
- Peas, beans legumes, squash, tomatoes, melon, zucchini, peppers, goji berries, and lentils.
- Soy, tofu, edamame, and soy sauce.
- Non-Southern European cow milk products including yogurt, greek yogurt, ice cream, ricotta, cottage cheese, and kefir.
- Pumpkin seeds, sunflower seeds, chia seeds, peanuts, and cashews.
- Forbidden Oils:
  - Soy, grapeseed, corn, peanut, cottonseed, sunflower, and canola.
- Whole grains, oats, quinoa, rye, barley, buckwheat, corn, and spelt.