The Plant Paradox

THE HIDDEN DANGERS IN “HEALTHY” FOODS THAT CAUSE DISEASE AND WEIGHT GAIN

By Dr. Steven Gundry
The “Yes” List

OILS
• Algae oil
• Olive oil
• Coconut oil
• Macadamia oil
• MCT oil
• Avocado oil
• Perilla oil
• Walnut oil
• Red palm oil
• Rice bran oil
• Sesame oil
• Flavored cod liver oil

SWEETENERS
• Stevia
• Inulin
• Yacon
• Monk fruit
• Luo han guo
• Erythritol
• Xylitol

NUTS AND SEEDS
• (1/2 cup/day) Macadamia, Walnuts, Pecans, Pistachios, Pine nuts
• Pecans
• Coconut
• Coconut Cream Hazelnuts

• Chestnuts
• Flaxseeds
• Hemp seeds
• Sesame Seeds
• Hemp protein powder
• Psyllium
• Pine nuts
• Brazil nuts

OLIVES
• ALL

DARK CHOCOLATE
• 72% or greater

VINEGARS
• ALL without added sugars

HERBS AND SEASONINGS
• ALL (except chili pepper flakes)
• Miso

FAT BOMB KETO BARS
• Adapt bar; coconut and chocolate

FLOURS
• Coconut
• Almond
• Hazelnut
• Sesame
• Chestnut
• Cassava
• Green Banana
• Sweet potato
• Tiger nut
• Grape seed
• Arrowroot

**ICE CREAM**
• Coconut
• Milk/Dairy Free frozen dessert with 1 gram of sugar

**FOODLES**
• Cappello’s fettuccine
• Pasta Slim
• Shirataki noodles
• Miracle noodles and kanten pasta
• Miracle Rice

**DAIRY PRODUCTS**
• A2 Milk
• 1.oz cheese or 4.oz yogurt per day
• French/Italian butter
• Ghee
• Goat butter
• Goat cheese
• Butter (grass fed French or Italian)
• Goat brie
• Goad and sheep kefir
• Sheep cheese (plain)
• Coconut yogurt
• High-fat French/Italian cheeses such as triple-cream brie
• High-fat Switzerland cheese
• Buffalo mozzarella (made from buffalo milk)
• Organic heavy cream
• Organic sour cream
• Organic cream cheese (high fat dairy doesn’t have casein)

**WINE & SPIRITS**
• Champagne (one 6 oz glass per day)
• Red (one 6 oz glass per day)
• Aged spirits (1 oz.)

**FISH**
• Any wild caught 2 - 4 oz per day
• White fish
• Freshwater bass
• Alaskan salmon
• Canned tuna
• Alaskan halibut
• Hawaiian fish
• Shrimp
• Crab
• Lobster
• Scallops
• Calamari/squid
• Oysters
• Mussels
• Sardines
• Anchovies

**FRUIT**
• Avocado or all berries in season, and sparingly
VEGETABLES
• Cruciferous
• Broccoli
• Brussels sprouts
• Cauliflower
• Bok choy
• Napa cabbage
• Chinese cabbage
• Swiss chard
• Arugula
• Watercress
• Collards
• Kale
• Green and Red cabbage
• Radicchio
• Raw sauerkraut Kimchi
• Nopales cactus
• Celery
• Onions
• Leeks
• Chives
• Scallions
• Chicory
• Carrots
• Carrot greens
• Artichokes
• Beets
• Radishes
• Daikon radishes

• Jerusalem artichokes
• Hearts of palm Cilantro
• Okra
• Asparagus
• Garlic
• Leafy greens
• Romaine
• Red and green leaf lettuce
• Kohlrabi
• Mesclun
• Spinach
• Endive
• Dandelion greens
• Butter lettuce
• Fennel
• Escarole
• Mustard greens
• Mizuna
• Parsley
• Basil
• Mint
• Purslane
• Perilla
• Algae
• Seaweed
• Sea vegetables
• Mushrooms

RESISTANT STARCHES
(In moderation)
• Siete brand tortillas
• Bread and bagels made by Bakery Paleo Wraps made with coconut flour
• Paleo coconut flakes cereal
• Green plantains
• Green bananas
- Baobab fruit
- Cassava
- Sweet potatoes or yams
- Rutabaga
- Parsnips
- Yucca
- Celery root
- Glucomannan
- Persimmon
- Jicama
- Taro roots
- Turnips
- Tiger nuts
- Green mango
- Millet Sorghum
- Green papaya

**PASTURED-RAISED POULTRY**

2-4oz per day  
(avoid farm-raised)

- Chicken
- Turkey
- Ostrich
- Pastured or omega 3 eggs  
(4 yolks daily or 1 egg white)
- Duck
- Goose
- Quail
- Dove Grouse

**MEAT**

(Grass fed and grass finished 4oz per day)

- Bison
- Wild game
- Venison Boar
- Elk

- Pork
- Lamb
- Beef
- Prosciutto

**PLANT BASED MEATS**

- Quorn
- Hemp tofu
- Hilary’s root
- Veggie burger
- Tempeh (grain free only)
The “No” List

REFINED STARCHY FOODS
• Pasta
• Rice
• Potatoes
• Potatoes chips
• Milk
• Bread
• Tortillas
• Pastry
• Flours made from grains and pseudo
• Cookies
• Crackers
• Cereal
• Sugar
• Agave
• Splenda
• SweetOne or sunett NutraSweet
• Sweet n Low
• Diet drinks
• Maltodextrin

VEGETABLES
• Tomatoes
  (unless peeled, deseeded)
• Cucumbers
  (unless peeled, deseeded)
• Peas
• Sugar snap peas
• Legumes
• Green beans
• Chickpeas
• Soy
• Tofu
• Edamame
• Soy protein
• Textured vegetable
• All beans including sprouts
• All lentils

NUTS AND SEEDS
• Pumpkin
• Sunflower
• Chia
• Peanuts
• Cashews

FRUITS/VEGGIES
• All fruits (except in season fruit)
• Ripe Bananas
• Zucchini
• Brown rice
• White rice
• Barley
• Buckwheat
• Kashi
• Spelt
• Corn
• Corn products
• Cornstarch
• Corn syrup
• Popcorn
• Wheatgrass
• Barley grass

NON-SOUTHERN EUROPEAN COW’S MILK PRODUCTS
• Contain casein α-1 Yogurt
• Greek yogurt
• Frozen yogurts
• American Cheese
• Ricotta
• Cottage cheese
• Kefir
• Casein protein powders

GRAIN OR SOYBEANS-FED FISH- SHELLFISH- POULTRY- BEEF-LAMB AND PORK

SPROUTED GRAINS, PSEUDO- GRAINS AND GRASSES
• Whole grains
• Wheat Einkorn
• Wheat Kamut
• Oats
• Quinoa
• Rye
• Bulgur

OILS
• Soy
• Grapeseed
• Corn
• Peanut
• Cottonseed
• Safflower
• Sunflower
• Partially hydrogenated vegetable or canola