

# 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 the individual foods in order from most often to least often tolerated by my clients. I suggest that you reintroduce them starting from the top and working down. You don't have to complete a whole category before moving to the next category. For example, you could start with ghee, then go to white rice, then egg yolks, etc.



Dairy 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
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



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

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/Beverage	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
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!

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

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

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



Alcohol	
Beverage	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