

## DYSBIOSIS AND GUT FERMENTATION DIET ©

ALLOWED	NOT ALLOWED
(The following made from goats' or ewes' milk <i>only</i> ) yoghurt, cottage cheese and other cheese (goat's, ewe's), and tofu (made from soya); 'Rice Dream', or soya milk.	Cow's milk products, like whey, curds, butter, normal yoghurt, cheese, smetana (sour cream), cream, ice cream, buttermilk, sour milk, and all margarines except those of pure vegetable origin (like Granose).
Meat, poultry, venison, seafood, crustaceans, and fish - any. Eggs (from chicken, duck, or goose). Miso (as the fermentation substances in this are attenuated they are no longer harmful).	Yeast and yeast-like substances (mushrooms, fungi), dried fruits, malted products, commercial fruit drinks, citric acid, tinned tomato products, monosodium glutamate (MSG), quorn, vinegar, pickles, condiment sauces, etc.
Artificial sweeteners - e.g. saccharin, 'Nutrasweet', cyclamate, aspartame; also xylitol & lactose (they do not ferment). Stevia (powdered dry leaves from Amazonia).	All sugars (honey, maple syrup, molasses, treacle, commercially prepared dextrose, maltose, glucose, sucrose, fructose, sorbitol etc.)
Mainly tropical, like mango, melon, paw-paw (papaya), pineapple, avocado-pear, starfruit, persimmon, guava, kiwi, pomegranate, unless there is an adverse reaction (in which case it must be omitted). Also, most berries (but not strawberries) and figs, lychees, cactus-fruits and dates.	Citrus fruits, bananas, apples, pears, quinces, strawberries, crabapples, cape gooseberries, grapes, persimmons and all deciduous fruit (like cherries, apricots, peaches, plums and nectarines).
Vegetables fresh or cooked (in filtered water, if possible) - any, except mushrooms. Thus potato, onion, garlic, legumes (pulses) and fresh culinary herbs are also allowed.	All fruit and vegetables showing bruising or mould.
Nuts - almonds, cashews, pine nuts, coconut, chestnut (if these do not create an adverse reaction), but no other kind. Seeds - sesame, pumpkin. Oils - maize (corn) or olive.	All peanuts, pistachio nuts, Brazil nuts, macadamia nuts, pecan nuts, walnuts, hazelnuts (filbert nuts). Sunflower seeds or oil.
Drinks - coffee, milk (goat's or ewe's), Soya milk, rooibos tea, spirits like vodka and gin (a little), mineral water. Sugar-free fizzy drinks (small amounts of citric acid are permissible). Mint, rosehip, chamomile, linden flowers tea.	Ordinary tea, spices and dried culinary herbs. Fermented beverages (alcoholic and non-alcoholic) like beer, cider, wine, champagne, ginger beer or ale.
Grains - rice, maize, millet, quinoa, tapioca, sorghum.	All foods containing wheat, rye, barley (malt), buckwheat, spelt, triticale, and oats (most Soya sauces contain wheat).
<i>Paul's no.2</i> gluten- & yeast-free bread, tapioca bread, white or brown rice bread, rice cakes. [See notes below.]	Cocoa or chocolate in any form. Soda bread.
<i>Kallo</i> rice cereal, <i>Lima</i> corn flakes, malt-free corn flakes.	Malted corn flakes (like <i>Kellogg's</i> )
Polenta, wheat-free corn pasta, rice noodles, Australian shell pasta which is without wheat, rye, barley, oats.	Normal pasta and semolina.
Gram flour, rice flour, maize (corn) flour, and the flours of sorghum, quinoa, millet, tapioca, or soya beans.	Flours of wheat, rye, barley, oats, spelt, triticale, and buckwheat.
Filtered or mineral water for cooking is preferable.	

There will be phased, supervised relaxation of this strict diet. For now, you should get into the habit of reading labels, it is really surprising how many products contain sugar in various forms (dextrose, glucose, maltose, commercial fructose, etc.), cow's milk (casein, whey, lactalbumin, etc.) and MSG. Omit any other foods to which you react badly.

**Sample Breakfast items:** Toasted "ENER-G" or "*Paul's no.2*" bread slices, eggs, bacon, tomatoes, ham, permitted cheese, grilled potato waffles (not farls), "Lima" corn flakes, tropical fruit salad, permitted yoghurt (and if absolutely necessary, stevia, Nutrasweet, Saccharin, Aspartame, or something similar may be used). The attenuated yeast used in the proving of "ENER-G" bread is no longer harmful, making this bread acceptable, or use "*Paul's gluten- & yeast-free bread no.2*" obtainable, *inter alia*, from **Fresh & Wild** outlets: the home shopping line: 020 7025 6030. Many "*Trufree*" and "*FreeFrom*" products are equally acceptable - but always check the composition first.

**Sample Luncheons:** Depending upon how acceptable your palate finds untoasted tapioca or white rice bread, sandwiches made with either of these. Failing that, buy a robust lettuce (Cos or Iceberg) and use the leaves as "sandwich covers", i.e. wrap them around poultry or meat slices. Use celery in the same way - the middle could be filled with, say, goat's cheese - or it can be chopped with raw vegetables like carrot, tomato, cucumber, bell peppers, French beans, and cashews and taken for lunch in a plastic-lidded container. Salads can be boring, so dress them with maize or olive oil and a little squeezed lemon (a little is fine) and a touch of mustard powder; or use permitted (live) yoghurt, into which you can put various flavourings such as mashed Camembert, Feta or Haloumi (if these are made of ewe's or goat's milk only), Roquefort, goat's cheese, cucumber, pesto (made from basil, but check label to make sure it does not contain any disallowed substances).

**Suppers:** These do not usually present any insuperable problem, because of the abundance of choice in vegetables, fish and meats available while on this dietary regime.