

# Yes Foods List

Acorn Squash	Allspice
Almond Butter (with no sugar)	Almond Milk (with no carrageenan)
Almond oil	Almonds (Nuts sold in mixtures are not allowed as most are roasted with a starch coating. Nuts should be unroasted. If you have diarrhea, only use nut flour, not whole nuts.)
Anchovies	Apple Cider (Straight pressed apples and pasteurized to kill bacteria. Dilute with water before drinking.
Apples (initially, baked apples only)	Apricots
Artichokes (French not Jerusalem as Jerusalem are actually a tuber and not legal)	Asiago Cheese (may be used occasionally unless you have symptoms)
Asparagus (fresh or frozen, not canned)	Avocado oil
Avocado	Bacon (Whole 30 bacon)
Baking soda	Bananas (with brown spots)
Bay Leaf	Beef (use organic, grass fed)
Beets	Berries
Black Beans (may be tried when symptom free for 90 days. Soak overnight then rinse.)	Blue Cheese (occasionally if not symptomatic)
Bok Choy (if not symptomatic....gas, bloating, diarrhea)	Bourbon (occasionally)
Brazil Nuts (Nuts sold in mixtures are not allowed as most are roasted with a starch coating. Nuts should be unroasted. If you have diarrhea, only use nut flour, not whole nuts.)	Brick Cheese
Broccoli	Brussel Sprouts
Butter	Butternut Squash
Cabbage (if not symptomatic)	Camembert Cheese (occasionally)
Cantaloupe	Capers
Carrots (not raw)	Cashews (Nuts sold in mixtures are not allowed as most are roasted with a starch coating. Nuts should be unroasted. If you have diarrhea, only use nut flour, not whole nuts.)
Cauliflower (if not symptomatic)	Celeriac (if not symptomatic)
Chard	Cheddar Cheese (if not symptomatic)
Cherimoya	Cilantro
Cinnamon	Club Soda
Coconut (fresh, unsweetened, shredded and coconut flour are all ok if tolerated)	Coconut milk (if tolerated)
Coconut oil	Coffee (not strong, no instant)
Colby Cheese (occasionally)	Collard Greens (if not symptomatic)
Cucumbers	Dates (medjool and California only and only if nothing else is added)
Eggplant (if tolerated)	Eggs

Figs (if tolerated)	Filberts (Hazelnuts) (Nuts sold in mixtures are not allowed as most are roasted with a starch coating. Nuts should be unroasted. If you have diarrhea, only use nut flour, not whole nuts.)
Fish (good quality, organic if possible)	Fowl (all types, organic if possible)
Garlic (fresh only, not granulated or powered)	Ghee
Gin (occasionally)	Ginger
Grapefruit	Grapes
Ham (only if cured with salt, no sugar or dextrose)	Havarti (if not symptomatic)
Honey (unless you have a pathogen or candida)	Jalepenos (if tolerated)
Kale	Kidney Beans (if soaked overnight and rinsed before making)
Kiwi	Kumquats
Lamb	Leeks
Lemons	Lentils (if soaked overnight and rinsed before making)
Lettuce (if tolerated)	Lima Beans (if soaked overnight and rinsed before making)
Limes	Macadamia Nuts (Nuts sold in mixtures are not allowed as most are roasted with a starch coating. Nuts should be unroasted. If you have diarrhea, only use nut flour, not whole nuts.)
Macadamia Oil	Manchego cheese (occasionally and if tolerated)
Melon (all types)	Navy Beans (if soaked overnight and rinsed before making)
Nectarines	Nutmeg
Olive oil	Olives (as long as they don't contain illegal ingredients – find a clean brand)
Onions	Oranges (if tolerated)
Oregano	Papaya
Paprika	Parmesan cheese (if tolerated)
Parsley	Passion Fruit
Peaches	Peanut Butter (if tolerated and ensure it contains only peanuts and salt – no sugar)
Pears	Peas
Pecans (Nuts sold in mixtures are not allowed as most are roasted with a starch coating. Nuts should be unroasted. If you have diarrhea, only use nut flour, not whole nuts.)	Peppermint tea
Peppers (if tolerated)	Persimmons
Pickles (dill – not sweet, find a clean brand that is free from illegal ingredients and polysorbate 80)	Pine nuts (Nuts sold in mixtures are not allowed as most are roasted with a starch coating. Nuts should be unroasted. If you have diarrhea, only use nut flour, not whole nuts.)
Pistachio nuts (Nuts sold in mixtures are not allowed as most are roasted with a starch coating. Nuts should be unroasted. If you have diarrhea, only use nut flour, not whole nuts.)	Plums
Poultry (clean, quality and organic)	Prunes (use with caution)
Pumpkin	Raisins (if tolerated)

Rhubarb	Romano cheese
Rosemary	Rutabaga
Sage	Seeds (if not symptomatic)
Sesame oil	Shellfish (if tolerated)
Spinach	Split peas
Squash	String beans
Tangerines	Thyme
Tomato (if tolerated)	Vanilla (pure – without illegal ingredients)
Walnut oil	Walnuts (Nuts sold in mixtures are not allowed as most are roasted with a starch coating. Nuts should be unroasted. If you have diarrhea, only use nut flour, not whole nuts.)
Watercress	Watermelon
Whisky (occasionally)	Wine (dry, red)
Zucchini	