

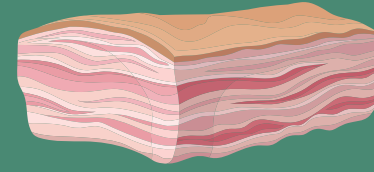
# LOW TOXIN ANIMAL FOODS

Foods from this list should make up the majority of your dietary template.



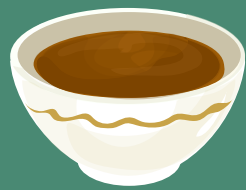
## Grass-Fed Beef, Lamb, & Bison

- Ground Mince
- Steaks
- Roasts
- Ribs



## Grass-Fed Fats

- Suet
- Tallow



## Grass-Fed Collagen-Rich Products

- Collagen Peptides
- Gelatin
- Bone Broth



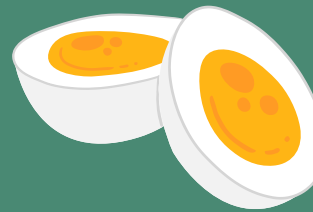
## Organ Meats\*\*

- Liver
- Kidney
- Heart
- Tongue
- Spleen
- Brain
- Pancreas
- Lungs
- Thymus
- Reproductive Organs



## Grass-Fed Dairy (A2\* and/or raw)

- Butter
- Cheese
- Cream
- Ghee
- Kefir
- Milk
- Yogurt



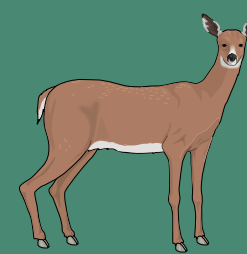
## Pastured Eggs

- Free of corn or soy feed



## Honey (best in moderation)

- Raw, local, and/or organic preferable



## Wild Game

- Boar
- Elk
- Fowls
- Venison

\*A2 varieties include goat, sheep, camel, and A2 casein cow dairy.

\*\*Per Dr. Paul Saladino: Liver can be consumed in 1-2 oz portions daily. Other organs can be consumed in small portions of a few ounces per day, or choose dried organ supplements.

# LOW TOXIN PLANT FOODS

Foods from this list should supplement your low toxin animal foods.

## LOW SUGAR FRUITS

These can be used as vegetable substitutes in cooking.



- Avocados
- Cucumbers
- Olives\*
  - Black
  - Castelvetrano
  - Kalamata
  - Manzanilla
- Plantains
- Pumpkins
- Summer Squash
  - Calabacita
  - Chayote
  - Cousa
  - Pattypan
  - Round Zucchini
  - Tromboncino
  - Yellow / Crookneck
  - Zephyr
  - Zucchini
- Winter Squashes
  - Acorn
  - Blue Hubbard
  - Butternut
  - Delicata
  - Festival
  - Kabocha
  - Red Kuri
  - Spaghetti
  - Sweet Dumpling

## HIGH SUGAR FRUITS

Most are best consumed in moderation to avoid blood sugar spikes.

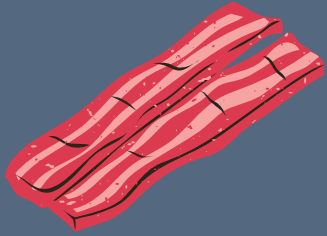


- Apples
- Bananas
- Berries
  - Blackberry
  - Blueberry
  - Raspberry
  - Strawberry
- Citrus
  - Grapefruit
  - Lemon
  - Lime
  - Pomello
- Melons
  - Canary
  - Cantaloupe
  - Honeydew
  - Horned Melon
  - Watermelon
- Pears
- Tropical Fruits
  - Lychee
  - Longon
  - Mango
  - Papaya
  - Pineapple

\*Avoid olives stuffed with garlic, onion, pimentos, and low-quality cheeses or marinated in seed oils. Look for olives brined with only salt and water or fruit-based vinegar. [Click here](#) for a comprehensive list of olive varieties.

# MODERATE TOXIN ANIMAL FOODS

Use these animal foods less often than the low toxin animal foods.



## Pastured Pork\*

- Chops
- Lard
- Loin
- Organs
- Ribs
- Roasts
- Uncured Bacon (salt-cured, no spices)



## Pastured Poultry\*

Chicken, Cornish Hens, Duck, Goose  
(not wild game)

- Breast
- Ground Mince
- Legs
- Organs
- Schmaltz / rendered fats
- Thighs
- Wings



## Wild-Caught, Low Toxin Fish\*\*

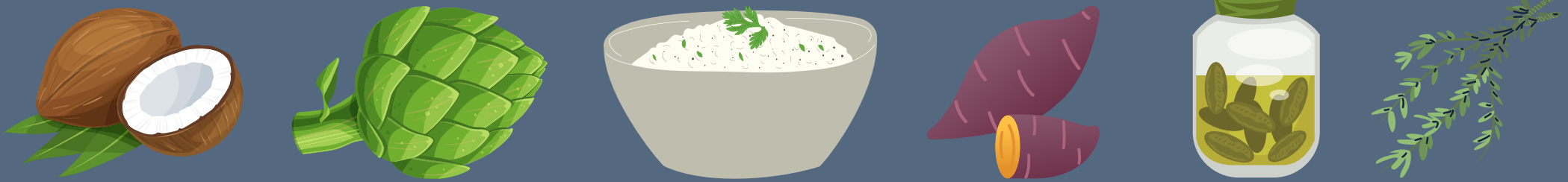
- Anchovies
- Alaskan Salmon
- Arctic Cod
- Atlantic Haddock
- Domestic Crab
- Catfish
- Clams
- Crayfish
- Hake
- Mussels
- Oysters
- Pollock
- Roe from low toxin varieties
- Sardines
- Scallops
- Shrimp
- Sole
- Squid
- Trout
- Whitefish

\*Pork and poultry are listed as moderate toxin as a reference, but the levels of toxicity depend on the animals' feed. Eggs can also fall on this list depending on the layers' feed. Most farms feed these animals grain, even when pastured. Grain-fed animals have a higher toxic burden, and a higher ratio of inflammatory omega 6 to anti-inflammatory omega 3, which accumulates in their fat. To help mitigate this, look for animals fed a non-GMO or organic diet, avoid animals fed a GMO diet, and choose lean cuts of meat.

\*\*In moderation. Avoid farmed varieties. [Find a comprehensive list here.](#)

# MODERATE TOXIN PLANT FOODS

Use these plant foods less often than the low toxin plant foods.



- Artichoke Hearts
- Cinnamon
  - Ceylon only. Avoid high-toxin Cassia.
- Coconut
  - Additive-free milk, cream, flesh, dried, aminos
- Fermented Veggies (plain with no garlic, chillies, mustard, etc)
  - Carrots
  - Pickles
  - Sauerkraut
- Fruit Oils
  - Avocado oil
  - Coconut oil
  - Olive oil
- Root Vegetables
  - Carrots
    - Orange
    - Rainbow
  - Parsnips
  - Sweet Potatoes
    - Orange
    - Purple
    - White
    - Yam
- Green Herbs
  - Basil
  - Bay Leaves
  - Chervil
  - Cilantro
  - Dill (weed, not seed)
  - Fennel (fronds, not bulb or seed)
  - Lemon Balm
  - Marjoram
  - Mint
  - Oregano
  - Parsley
  - Rosemary
  - Sage
  - Savory
  - Tarragon
  - Thyme
- White Rice (organic; avoid brown / black / wild rice)
  - Arborio
  - Basmati
  - Jasmine
  - Sushi-grade

Choose organic whenever possible.

# HIGH TOXIN FOODS

Avoid or drastically reduce the amount of these foods in your diet.

- **Additives**
  - BHA & BHT
  - Carrageenan
  - Citric acid
  - Food coloring
  - Gums
    - Arabic
    - Guar
    - Locust bean
    - Xanthan
  - Monosodium glutamate
  - "Natural" flavors
  - Potassium bromate
  - Sodium nitrite / nitrate
- **Algae**
  - Chlorella
  - Spirulina
- **Alliums**
  - Chive
  - Garlic
  - Garlic scapes
  - Leek
  - Onion
  - Shallot
- **Animals**
  - All grain-fed, conventionally-raised meats, eggs, and poultry
  - All farmed freshwater/saltwater fish and seafood
  - High metal/toxin wild fish ([Find a comprehensive list here.](#))
    - Alaskan Cod
    - Blue Crab
    - Halibut
    - Lobster
    - Mackerel (King)
    - Mahi Mahi
    - Monkfish
    - Orange Roughy
    - Sea Bass
    - Tun
- **Beans / Legumes (all varieties and forms)**
  - Black Beans
  - Chickpeas
  - Green Beans
  - Kidney
  - Lentils
  - Navy Beans
  - Peanuts
  - Peas (split, green, snap, etc)
  - Soy
- **Carob**
- **Celery**
- **Cocoa**
  - Cacao nibs
  - Cocoa butter
  - Chocolate
  - Powder
- **Coffee**
  - Caffeinated
  - Decaffeinated
  - Swiss decaf
- **Cruciferous**
  - Asparagus
  - Bok choy
  - Broccoli
  - Brussels sprouts
  - Cabbage
  - Cauliflower
  - Kale
  - Mizuna
  - Radish
    - Daikon
    - Horseradish
    - Spring radish
  - Rutabaga
  - Turnip
- **Fungi**
  - Mushrooms
- **GMO / Factory Oils**
  - Canola
  - Corn
  - Peanut
  - Safflower
  - Soy
  - Sunflower
  - Vegetable
- **Grains**
  - Ancient grains
  - Barley
  - Brown rice
  - Corn
  - Oats
  - Rye
  - Spelt
  - Wheat
- **Lettuces / Greens**
  - Butter Leaf
  - Chard
  - Iceberg
  - Romaine
  - Spinach
  - Spring Mix
- **Nightshades**
  - Chili
  - Eggplant
  - Goji berry
  - Sweet pepper
  - Tomato
  - White potato
- **Nuts**
  - Almond
  - Cashew
  - Hazelnut
  - Pecan
  - Pistachio
  - Macadamia
  - Walnut
- **Pseudograins**
  - Amaranth
  - Millet
  - Quinoa
- **Processed Sugars & Substitutes**
  - Acesulfame potassium
  - Agave
  - Aspartame
  - Beet sugar
  - Cane sugar
  - Corn syrup
  - Erythritol
  - Inulin
  - Monk Fruit
  - Saccharin
  - Stevia
  - Sucralose
  - Yacon syrup
  - Xylitol
    - Birch
    - Corn
- **Pseudograins**
  - Amaranth
  - Millet
  - Quinoa
- **Roots / Rhizomes**
  - Arrowroot
  - Beet
  - Cassava
  - Tapioca
- **Seeds**
  - Chia
  - Flax
  - Hemp
  - Pumpkin
  - Sesame
  - Sunflower
- **Spices**
  - Cardamom
  - Cassia cinnamon
  - Coriander seed
  - Cumin
  - Ginger
  - Lemongrass
  - Paprika
  - Peppercorn
  - Turmeric
- **Tea**
  - Black
  - Green
  - Herbal (other than low-toxin green herbs)
  - Matcha