

Foods to Include that **Increase** Detoxification

Fruits

Raspberries
Strawberries
Blueberries
Bananas
Apples
Any other fresh or frozen fruit

Vegetables

Broccoli
Cabbage
Cauliflower
Brussels sprouts
Watercress
Arugula
Kale
Bok choy
Radish
Turnip
Beans and lentils
Garlic
Onion

Grains

Wild rice
Brown rice
Quinoa
Gluten-free oats
Millet
Amaranth
Buckwheat
Tapioca

Nuts and Seeds

Almonds
Cashews
Walnuts
Sunflower seeds
Sesame seeds

Milk Products

Non-dairy milks such as unsweetened coconut, almond or hemp milk

Proteins

Wild-caught fish
Organic or pasture-raised chicken and turkey
Grass-fed beef

Fats and Oils

Extra virgin olive oil
Flaxseed oil
Coconut oil
Sunflower oil
Sesame oil
Nut oils (other than peanut oil)

Beverages

Purified water
Sparkling water
Organic herbal or green tea

Spices and Condiments

Turmeric
Garlic
Ginger
Rosemary
Cocoa
Pink Himalayan salt

Sweeteners

Stevia
Xylitol
Erythritol

Plant Proteins and Legumes

All except soy.
Canned Beans are acceptable as long as the can states "BPA-free"

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Foods to Avoid that **Decrease** Detoxification

Fruits

Canned fruit packed in syrup
High-sugar or artificial berry juices
Oranges

Vegetables

Corn
Canned vegetables in sauces
Soybean and soy-based foods

Grains

Refined flours
Gluten-containing:
-Wheat
-Spelt
-Kamut
-Rye
-Oats*
-Barley

*Look for gluten-free oats

Nuts and Seeds

Peanuts
Peanut butter

Milk Products

Cow dairy:
-Milk
-Cheese
-Ice cream
-Yogurt
-Frozen yogurt

Proteins

Conventional beef
Pork
Luncheon meats
Hot dogs
Sausage
Bacon
Eggs
Shellfish

Fats and Oils

Margarine
Butter
Hydrogenated oils
Cooking sprays
Mayonnaise
Shortening
Corn oil
Canola oil
Vegetable oil

Beverages

Coffee
Black tea
Soda
Alcohol
Energy drinks
Sweetened beverages

Spices and Condiments

Ketchup
Mustard
Relish
Soy sauce
Barbeque sauce
Chocolate
Iodized salt

Sweeteners

White or brown sugar
Honey
Agave nectar
Maple syrup
Corn syrup
Sucralose
Aspartame
Saccharin
Artificial colors, flavors and preservatives

Plant Proteins and Legumes

Soybeans
Tofu
Miso
Edamame

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