

# autoimmune friendly foods

This food lists excludes common autoimmune trigger foods (tomatoes, eggs, alcohol, beans, grains, artificial sweeteners, dairy, chocolate, nightshades, nuts, seeds and FODMAPS) along with common digestive irritants (artichoke, okra, cabbage, asparagus, cauliflower, chicory, mushrooms and snow peas) to reduce Small Intestinal Bacterial Overgrowth (SIBO) while also maximising micronutrients nutrients associated with autoimmune related issues (i.e. vitamin A, vitamin D, vitamin E, niacin, glycerine and omega 3s) as well as boosting other harder to get nutrients (choline, calcium & potassium). From a macronutrient perspective, these foods are 53% protein, 21% fat and 17% net carbohydrates with a low energy density of 102 calories per 100g.

## vegetables

- watercress
- spinach
- endive
- chard
- lettuce
- parsley
- beet greens
- arugula
- escarole
- turnip greens
- collards
- kale
- chives
- butternut squash
- broccoli
- pumpkin
- winter squash
- zucchini
- celery
- amaranth leaves
- summer squash
- cucumber
- rhubarb
- radicchio
- carrots
- onions
- cauliflower
- sauerkraut
- turnips
- peas
- radishes
- chayote
- celeriac
- turnips

## offal

- liver
- heart
- kidney
- brains

## fruit

- cantaloupe
- mulberries
- blackberries

## animal products

- chicken breast
- pork chops
- ground pork
- pork shoulder
- leg ham
- veal
- turkey
- chicken drumstick
- roast ham
- pork ribs
- pork
- pork loin
- roast pork
- sirloin steak
- veal loin
- frankfurter
- ground beef
- ground turkey

## seafood

- halibut
- salmon
- sturgeon
- fish roe
- trout
- crab
- cod
- anchovy
- pollock
- crayfish
- haddock
- white fish
- rockfish
- caviar
- lobster
- mussel
- flounder
- shrimp
- oysters
- sardine
- whiting
- perch
- octopus
- clam
- mackerel
- tuna
- herring
- molluscs
- scallop
- orange roughy