

## Quick Guide Shopping List

The below food list is a quick reference to the dietary programme in *The Digestive Health Solution* book. The diet is a therapeutic elimination diet specifically designed to relieve symptoms of irritable bowel syndrome and help you identify food sensitivities. For full details see the book ([www.thedigestivehealthsolution.com](http://www.thedigestivehealthsolution.com)).

Food group	Daily servings	Phase I	Phase II
<b>Lean Protein Foods</b>	At least 1-2 servings (1 serving = 3 oz)	Fish, Shellfish, Lamb (lean), Poultry: chicken (breast only), turkey, Beef, (very lean), Pork (lean)	Soy or veggie burger, Fat-free yoghurt (plain), Cottage cheese (non-fat or low-fat), Low-fat yoghurt (plain), Ricotta (part skim or non-fat, 3–4 tablespoons), Tofu (200 g), Eggs (2 whole), Tempeh, Mozzarella (part skim or non-fat, 60 g)
<b>Vegetables</b>	At least 2-3 servings (1 coffee mug or 50% of your plate)	Alfalfa, Eggplant (aubergine), Lettuce/mixed greens: cos (romaine), red and green leaf varieties, endive (chicory), spinach, rocket (arugula), radicchio, watercress, Bean sprouts Capsicum (bell or other peppers), Broccoli, * Brussels sprouts,* Cabbage (all types), Celery, Zucchini (courgettes), Cucumber, Chives, Fennel,* Green beans, Greens: bok choy, Swiss chard (silver beet), kale, spinach, mustard, or beet greens (the leaves and stalks of beetroot), Bamboo shoots, Snow peas (mangetout),* Peas,* Radishes, Salsa (sugar-free), Sea vegetables (kelp, etc.), Sugar snap peas,* Tomatoes, Water chestnuts	Artichokes, Chicory, Asparagus, Mushrooms, Onion, leeks, shallots, garlic, Okra, Cauliflower

<b>Fruit</b>	2 servings (1 serving = see servings for each fruit)	Apricots (3 medium), Passionfruit (3), Banana (1 medium), Pawpaw/papaya (½ medium), Berries: blackberries, blueberries, raspberries, cranberries, strawberries (1 handful = 80 g), Pineapple (½ cup), Grapes (15), Orange (1 large), Rockmelon (cantaloupe) (½ medium), Peaches, yellow (2 small), Grapefruit (1 whole), Tangerines (2 small), Honeydew melon (½ medium), Kiwifruit (2–3)	Apple (1 medium), Persimmon (1 medium), Pear (1 medium), Peaches, white (2 small), Mango (½ medium), Watermelon (2 handfuls chopped), Nectarines (2 small), Cherries (15), Plums (2 small), Fresh figs (2)
<b>Nuts and seeds</b>	1-2 servings (average serving size as indicated)	Almonds or hazelnuts (10–12 whole nuts), Pistachios, sunflower, pumpkin (pepita) or sesame seeds (2 tablespoons), Walnut or pecan halves (7–8), Nut butter (1 tablespoon made from the above nuts), Peanuts (18 nuts or 2 tablespoons), Pine nuts (2 tablespoons)	Salted nuts
<b>Healthy oils</b>	1-2 servings (average serving size = 1 tablespoon (3 teaspoons) or as indicated)	Avocado (½), Mayonnaise (from canola oil), Flaxseed oil (refrigerate), Olives (8–10 medium), Extra virgin olive oil (preferable), coconut oil and canola (rapeseed) oil for cooking, Walnut oil (refrigerate), Hemp oil (refrigerate)	Vegetable and cooking oils

<b>Carbohydrate-rich foods</b>	2 servings (average serving size = ½ cup cooked or as indicated)	Amaranth, Bread: gluten free (2 slices), Rice: Basmati, brown rice, wild rice, Carrots (½ cup cooked or 2 medium raw), Buckwheat, Parsnip, Corn flour (polenta), Potato, Swede, Pumpkin, Oats; rolled oats, oatcakes (2), Quinoa, Butternut squash/pumpkin, Sweet potato (½ medium, baked), Millet, Turnip	Barley, Beetroot, Bulgur (cracked wheat), Bean soups (175 ml), Sweet corn (½ cob), Beans: chickpeas (garbanzo beans), pinto, kidney, black, lima, cannellini, navy, mung beans, fat-free refried, green, soybeans (3 tablespoons), Hummus (50 g or 4 tablespoons), Wheat: wholegrain rye crackers (3 each), 100% whole-wheat bread (1–2 slices), Rye: wholegrain rye crackers (3 each), 100% whole rye bread (1–2 slices), Spelt: 100% whole spelt bread (1–2 slices), Split peas, sweet green peas, lentils, garden peas (3 tablespoons)
<b>Drinks and Beverages</b>	Approximately 2 litres or 8 glasses, mostly water	Purified water (approx. 8 glasses), Herbal teas (2–3 cups), Green tea (2–3 cups), Rice or almond milk, unsweetened (150 ml), Black tea (1–2 cups)	Milk (skimmed or semi-skimmed, lactose free, 150 ml), Fresh fruit juices (1 glass), Soda water (1 glass), Coffee substitutes (1 cup), Coffee (1–2 cups), Soy milk (plain, unsweetened, 150 ml)
<b>Condiments</b>	Unlimited	Cinnamon, Mustard, Vinegar, Lime, Lemon, Natural extracts (e.g. vanilla or almond), Fresh or dried herbs, Fresh or dried chilli peppers, Ginger, Spices	Garlic, Soy sauce

Foods marked with an asterisk (\*) can be consumed up to half a cup raw or cooked per day.