Obviously, if you have a nut allergy, DO NOT EAT THESE.

Nuts and Seeds. While I think there are many good things we can get from nuts and seeds, I have stayed away from them while trying to heal my gut and reduce inflammation. They can be fairly hard for your stomach to handle/break down. They are also high in fibre.

You don’t want to fill up on them either. We’ll keep the filling up dedicated to the meats. If you have no gut issues, eating them occasionally as a snack or as a garnish is totally fine. Let’s just keep it to once a day.

If you ever felt gassy or bloated after eating nuts, you’re not alone. It’s a common side effect, thanks to compounds in nuts called phytates and tannins (ani-nutrients), which make them difficult to digest. And eating too much fat, which is found abundantly in nuts, in a short period of time can lead to diarrhea, says Alan R. Gaby, M.D., author of Nutritional Medicine.

🧠LEARN FOR YOURSELF🧠

What are peanuts and how are they farmed?

by Dr. Eric Berg

https://www.youtube.com/watch?v=NSPWFz6Dn44

EAT ME✅ (eat nuts in very small amounts or not at all)

ALMONDS

PECANS

WALNUTS

BRAZIL NUTS

MACADAMIA

SESAME SEEDS

FLAX SEEDS

CHIA SEEDS

EAT WITH CAUTION

PISTACHIOS - FODMAP

AVOID/ DO NOT EAT🚫

CASHEWS - FODMAP HIGH LECTINS (anti-nutrients)

PEANUTS - HIGH LECTINS (anti-nutrients) Peanuts are also legumes. Same family as potatoes and beans.