Alrighty, this is a big one. Many overlook what we put on, season, sweeten or cook our food in. As from my own experience, sauces and oils were a huge contributor to my chronic inflammation. The endless ingredients in sauces especially are a sure way to complicate identifying problem foods. Seed/vegetable oils are EVERYWHERE let me tell you. Just try and find a packaged food without seed oils or lecithins. Because this card is such a broad category, I’ll break it down into smaller categories. With the sweeteners, we will limit it to lightly sweeten teas and coffees.

1. Oils

2. Sauces (and or condiments)

3. Seasonings

4. Sweeteners

🧠LEARN FOR YOURSELF🧠

Seed oils and it’s affects on our health.

by Dr. Dr. Pradip Jamnadas

https://www.youtube.com/watch?v=JyGCfg61JT4

The History of Seed/Vegetable Oils.

by What I’ve Learned

https://www.youtube.com/watch?v=rQmqVVmMB3k

7 Oils Explained

by Bobby Parrish

https://www.youtube.com/watch?v=aldO3cHhNLQ

EAT ME!✅

OILS

COCONUT OIL - Cook as much as you’d like with this guy. You can cook at fairly high heat without oxidizing.

OLIVE OIL - Use as cold or warm dressings. Some of the nutrients are cooked out when heated at very high temperatures. It also oxidizes the oil making it rancid when exposed to very high heat.

BUTTER - Choose good quality butter. If you have an intolerance to dairy, you can opt for a butter flavored coconut oil or Ghee (clarified butter). This may be easier on your stomach.

TALLOW - From beef. Good quality is important for this one.

SAUCES

SOY SAUCE - Soy sauce is fermented and does not cause GI problems for most people. Experiment.

VINEGAR - White, Balsamic or Apple-cider.

MUSTARD - Brown, Dijon, Grey Poupon or regular sandwich mustard.

SEASONINGS

SALT - White Sea Salt.

GARLIC - Small amounts. Do not eat if sensitive to FODMAPs

BLACK OR WHITE PEPPER

HERBS - All herbs.

SPICES - All spices. (not peppers or spicy spices.)

SWEETENERS & FLAVOR ENHANCERS

MAPLE SYRUP - If you wish to lose body fat, keep this limited (to once a day 1 tsp in your tea for example).

EXTRACTS - If it is a pure extract and alcohol. No other ingredients. Check with me.

BE CAUTIOUS/ EXPERIMENT ‼️

MOLASSES - FODMAP

HONEY - HIGH FODMAP

DO NOT EAT🚫

SEED & VEGETABLE OILS

- SOYBEAN

- CORN

- PALM

- SUNFLOWER

- CANOLA

- PEANUT

- SAFFLOWER

- SESAME

- MARGARINE

- SHORTENING

PRE-MADE SAUCES

SUGAR - Fake and real besides what’s in fruit and what’s allowed.

AGAVE - FODMAP

PEPPERS - The spicy (capsaicin) peppers we season food with. Cayenne ect.

CURRY - NIGHTSHADE

ASHWAGANDHA - NIGHTSHADE

ANY HOT OR SPICY SAUCES OR SEASONINGS - Don’t do it.