



# Dr. Gundry's “Yes” List

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# “Yes” List

## Cruciferous Vegetables

- ✓ arugula
- ✓ bok choy
- ✓ broccoli
- ✓ brussels sprouts
- ✓ cabbage
- ✓ cauliflower
- ✓ collards
- ✓ kale
- ✓ kimchi
- ✓ kohlrabi
- ✓ napa cabbage
- ✓ sauerkraut (raw)
- ✓ swiss chard
- ✓ watercress 19

## Other Vegetables

- ✓ asparagus
- ✓ bamboo shoots
- ✓ beets (raw)
- ✓ carrot greens
- ✓ carrots (raw)
- ✓ celery
- ✓ chicory
- ✓ chives
- ✓ daikon radish
- ✓ fiddlehead ferns
- ✓ endive
- ✓ escarole
- ✓ frisee
- ✓ garlic
- ✓ garlic scapes
- ✓ ginger 20
- ✓ hearts of palm
- ✓ horseradish
- ✓ jerusalem artichokes
- ✓ leeks
- ✓ lemongrass
- ✓ mushrooms
- ✓ nopales (cactus)
- ✓ okra
- ✓ onions
- ✓ parsnips
- ✓ puntarella
- ✓ radicchio
- ✓ radishes
- ✓ rutabaga
- ✓ scallions
- ✓ shallots
- ✓ water chestnuts



# “Yes” List

## Leafy Greens

- ✓ algae
- ✓ basil
- ✓ butter lettuce
- ✓ cilantro
- ✓ dandelion greens
- ✓ endive
- ✓ escarole
- ✓ fennel
- ✓ frisee
- ✓ mesclun (baby greens)
- ✓ mint
- ✓ mizuna
- ✓ mustard greens
- ✓ parsley
- ✓ perilla
- ✓ purslane
- ✓ red and green
- ✓ leaf lettuce
- ✓ romaine lettuce
- ✓ sea vegetables
- ✓ seaweed

## Fruits that act like Fats

- ✓ avocado (up to a whole one per day)
- ✓ olives, all types



## Fruits

*Treat as a dessert, and only in season*

- ✓ apples
- ✓ apricots
- ✓ blackberries
- ✓ blueberries
- ✓ cherries
- ✓ citrus (no juices)
- ✓ crispy pears
- ✓ kiwis
- ✓ nectarines
- ✓ passion fruit
- ✓ peaches
- ✓ plums
- ✓ pomegranates
- ✓ raspberries
- ✓ strawberries



# “Yes” List



## Oils

- ✓ avocado oil
- ✓ algae oil
- ✓ coconut oil
- ✓ flavored cod-liver oil
- ✓ macadamia oil
- ✓ MCT oil
- ✓ olive oil
- ✓ red palm oil
- ✓ rice bran oil
- ✓ sesame oil
- ✓ walnut oil

## Nuts & Seeds

- ✓ barukas (or baru)
- ✓ pistachios
- ✓ basil seeds
- ✓ Brazil nuts
- ✓ pine nuts
- ✓ walnuts
- ✓ sesame seeds
- ✓ tahini
- ✓ coconut milk
- ✓ coconut milk/cream  
*(unsweetened, full-fat, canned)*
- ✓ coconut meat *(but not coconut water)*
- ✓ pili nuts
- ✓ flaxseeds
- ✓ hazelnuts
- ✓ hemp protein powder
- ✓ hemp seeds
- ✓ macadamia nuts
- ✓ Milkadamia creamer  
*(unsweetened and not the milk)*
- ✓ nut butter *(if almond butter, make sure it's made from peeled almonds as almond skins contain lectins)*
- ✓ pecans
- ✓ psyllium seeds/powder
- ✓ sacha inchi seeds
- ✓ chestnuts
- ✓ almonds *(only blanched or Marcona; almond milk must be unsweetened and made from peeled almonds)*



# “Yes” List

## Resistant Starches

- ✓ baobab fruit
- ✓ cassava (tapioca)
- ✓ celery root (celeriac)
- ✓ glucomannan
- ✓ green bananas
- ✓ green mango
- ✓ green papaya
- ✓ green plantains
- ✓ jicama
- ✓ millet
- ✓ parsnips
- ✓ persimmon
- ✓ rutabaga
- ✓ sorghum
- ✓ sweet potatoes
- ✓ taro root
- ✓ tiger nuts
- ✓ turnips
- ✓ yucca

## Noodle & Pasta Alternatives



- ✓ Big Green Millet
- ✓ sorghum pastas
- ✓ GENDRY MD Sorghum Spaghetti
- ✓ Jovial Cassava Pastas
- ✓ kelp noodles
- ✓ konjac noodles
- ✓ Miracle Noodles
- ✓ Kanten Pasta
- ✓ Miracle Rice
- ✓ Natural Heaven Hearts of Palm Spaghetti and Lasagna
- ✓ Palmini Hearts of Palm Noodles
- ✓ shirataki noodles
- ✓ Trader Joe's Cauliflower Gnocchi



# “Yes” List

## Processed Resistant Starches

- ✓ Barely Bread bread and bagels (only those without raisins)
- ✓ Cappello's Noodles and Plain Pizza Crust
- ✓ California Country Gal bread mixes
- ✓ Scotty's Keto Bread and Pizza Dough mix
- ✓ Egg Thins by Crepini Tia
- ✓ Lupita grain-free cactus tortillas
- ✓ Julian Bakery Paleo Wraps (made with coconut flour),
- ✓ Paleo Thin Bread
- ✓ Almond Bread
- ✓ Coconut Bread
- ✓ Lovebird Cereal (unsweetened only)
- ✓ Full Love Foods Keto
- ✓ Hemp and Linseed bread
- ✓ Onana Plantain tortillas
- ✓ Positively Plantain tortillas
- ✓ Siete brand chips/tortilla (only those made with cassava and coconut flour or almond flour)
- ✓ Bread SRSLY's (ONLY rice-free sourdough rolls)
- ✓ Terra Brand Cassava, Taro, and Plantain Chips
- ✓ The Real Coconut: Coconut and Cassava Flour Tortillas and Chips
- ✓ Thrive Market Organic Coconut Flakes
- ✓ Trader Joe's Jicama Wraps
- ✓ Uprising Foods breads and crackers



# “Yes” List

## “Foodles”

- ✓ Big Green millet and sorghum pastas
- ✓ Edison Grainery sorghum pasta
- ✓ Gundry MD sorghum spaghetti
- ✓ Jovial cassava pastas
- ✓ Kelp noodles
- ✓ Konjac noodles
- ✓ Miracle Noodle kanten pasta
- ✓ Miracle Rice
- ✓ Natural Heaven hearts of palm spaghetti and lasagna noodles
- ✓ Palmini hearts of palm noodles
- ✓ Shirataki noodles
- ✓ Pasta Slim
- ✓ Sweet Potato Pasta elbow macaroni
- ✓ Trader Joe’s Cauliflower Gnocchi

## Plant Based Meats

- ✓ Duckweed powder
- ✓ Hemp tofu
- ✓ Hilary's root veggie burger
- ✓ Pressure-cooked lentils and other legumes
- ✓ Quorn products: only meatless pieces, meatless grounds, meatless steak-style strips, meatless fillets, meatless roast
- ✓ Textured vegetable protein (TVP)
- ✓ Hemp protein powder
- ✓ Flaxseed protein powder
- ✓ Protein isolates of and/or hydrolyzed pea, soy, or other similar bean powders
- ✓ Gundry MD ProPlant protein shakes
- ✓ JUST plant-based egg
- ✓ Perfect Day vegan whey and casein





# “Yes” List

## Seafood

- ✓ wild Alaskan salmon
- ✓ anchovies
- ✓ calamari/squid
- ✓ canned tuna
- ✓ clams
- ✓ crab
- ✓ cod
- ✓ freshwater bass
- ✓ halibut
- ✓ Hawaiian fish, including mahi mahi, ono, and opah
- ✓ lobster
- ✓ mussels
- ✓ oysters
- ✓ sardines
- ✓ scallops
- ✓ shrimp (wild only)
- ✓ steelhead
- ✓ trout

## Poultry

- ✓ pasture-raised chicken
- ✓ pastured turkey jerky  
(low sugar version)
- ✓ game birds (pheasant, grouse, dove, quail)
- ✓ goose
- ✓ ostrich
- ✓ pastured or omega-3 eggs (up to 4 daily)
- ✓ heritage or pastured turkey

## Meats

*(100% grass-fed and grass-finished, no more than 4 oz a week)*

- ✓ beef
- ✓ bison
- ✓ boar
- ✓ elk
- ✓ pork (humanely raised, including prosciutto, Iberico ham, Cinco Jotas ham)
- ✓ Traditionally fermented sausages



# “Yes” List

## Dairy

- ✓ aged cheeses from Switzerland
- ✓ aged 'raw' french/italian cheeses
- ✓ goat milk cheeses: feta, brie, mozzarella, cheddar
- ✓ sheep milk cheeses: pecorino romano, pecorino sardo, feta, manchego
- ✓ goat milk cream flakes
- ✓ goat and sheep kefir
- ✓ goat yogurt (plain)
- ✓ sheep yogurt (plain)
- ✓ coconut yogurt (plain)
- ✓ Lavva (plant-based) yogurt and plain nut milk
- ✓ Kite Hill ricotta cheese
- ✓ Parmigiano-Reggiano
- ✓ buffalo mozzarella
- ✓ buffalo butter
- ✓ french/italian butter
- ✓ goat ghee
- ✓ ghee
- ✓ organic heavy cream
- ✓ organic sour cream

## Herbs & Condiments

- ✓ all herbs and spices
- ✓ except chili pepper
- ✓ flakes
- ✓ nutritional yeast
- ✓ sea salt (iodized)
- ✓ miso
- ✓ mustard
- ✓ MCT mayonnaise
- ✓ avocado mayonnaise
- ✓ coconut aminos
- ✓ fish sauce
- ✓ R's KOSO, other KOSOs
- ✓ pure vanilla extract
- ✓ tahini/sesame paste
- ✓ vinegars (apple cider)
- ✓ vinegars, Bliss vinegars, Sideyard Shrubs vinegars, others)
- ✓ wasabi



# “Yes” List

## Flours

- ✓ coconut
- ✓ almond
- ✓ hazelnut
- ✓ sesame
- ✓ chestnut
- ✓ cassava
- ✓ green banana
- ✓ sweet potato
- ✓ tiger nut
- ✓ grape seed
- ✓ arrowroot
- ✓ sorghum
- ✓ millet

## Sweets

- ✓ coconut milk ice cream
- ✓ goat's milk ice cream
- ✓ dark chocolate



## Sugars

- ✓ allulose
- ✓ stevia
- ✓ chicory Root
- ✓ monk Fruit
- ✓ lu han guo
- ✓ erythritol
- ✓ xylitol
- ✓ inulin
- ✓ yacon

## Beverages

- ✓ Champagne
- ✓ coffee
- ✓ dark spirits (1 ounce a day)
- ✓ hydrogen water
- ✓ KeVita brand low-sugar
- ✓ Gundry MD beverages
- ✓ kombucha
- ✓ San Pellegrino or Panna water
- ✓ red wine (6 ounces per day)
- ✓ tea (all types)





# “No” List

## Vegetables

*\*\*Most of these can be made safe with pressure cooking, marked with an “\*”*

- ✖ all beans\*, including sprouts
- ✖ chickpeas\*, including as hummus
- ✖ edamame\*
- ✖ green/string beans\*
- ✖ legumes\*
- ✖ all lentils\*
- ✖ pea protein
- ✖ peas\*
- ✖ soy\*
- ✖ soy protein
- ✖ sugar snap peas
- ✖ tofu\*

## Fruits (some are known as vegetables)

- ✖ bell peppers
- ✖ chili peppers
- ✖ cucumbers
- ✖ eggplant
- ✖ goji berries
- ✖ melons (any kind)
- ✖ pumpkins
- ✖ squashes (any kind)
- ✖ tomatillos
- ✖ tomatoes
- ✖ zucchini

## Nuts & Seeds

- ✖ almonds with peels
- ✖ cashews
- ✖ chia seeds
- ✖ peanuts
- ✖ pumpkin seeds
- ✖ sunflower seeds



# “No” List

## Refined Starches

- ✖ bread
- ✖ cereal
- ✖ cookies
- ✖ crackers
- ✖ pasta
- ✖ pastry
- ✖ potato chips
- ✖ potatoes
- ✖ rice
- ✖ tortillas
- ✖ wheat flour

## Grains & Grasses

- ✖ barley
- ✖ barley grass
- ✖ brown rice
- ✖ buckwheat
- ✖ bulgur
- ✖ corn
- ✖ corn products
- ✖ corn syrup
- ✖ einkorn
- ✖ kamut
- ✖ kasha
- ✖ oats (cannot pressure-cook)
- ✖ popcorn
- ✖ quinoa
- ✖ rye
- ✖ spelt
- ✖ wheat
- ✖ wheat
- ✖ wheatgrass
- ✖ white rice, (except pressure-cooked)
- ✖ white basmati rice)
- ✖ wild rice

## Sugars

- ✖ agave
- ✖ coconut sugar
- ✖ diet drinks
- ✖ granulated sugar (even organic cane sugar)
- ✖ maltodextrin
- ✖ NutraSweet
- ✖ Splenda
- ✖ Sweet One from Sunett
- ✖ Sweet'n Low



# “No” List

### Dairy that contains A1

- ✗ butter (even grass-fed),  
unless from A2 cows,  
sheep, or goats
  - ✗ cottage cheese
  - ✗ frozen yogurt
  - ✗ most ice creams
  - ✗ kefir from American  
cows
  - ✗ cows
  - ✗ cow's milk
  - ✗ cow's milk cheese  
from American
  - ✗ cows
  - ✗ ricotta
  - ✗ yogurt (including  
Greek yogurt)

## Oils

- ✗ All "partially hydrogenated" oils
  - ✗ corn
  - ✗ cottonseed
  - ✗ grapeseed
  - ✗ peanut
  - ✗ safflower
  - ✗ soy
  - ✗ sunflower
  - ✗ "vegetable"

## Herbs & Condiments

- ✗ ketchup
  - ✗ mayonnaise (unless MCT or avocado)
  - ✗ red chili flakes
  - ✗ soy sauce
  - ✗ steak sauces
  - ✗ Worcestershire sauce (unless gluten-free)