

| | Stool 1a | Stool 1b | Stool 2 | Stool 3 | Stool 4 |
|----------------------------|--|--|---|--|--|
| Vegetables to Avoid | <ul style="list-style-type: none"> • Bell Pepper • Broccoli • Brussels Sprouts • Cabbage • Mustard Greens • Tomato | <ul style="list-style-type: none"> • Bell Pepper • Tomato | <ul style="list-style-type: none"> • Bell Pepper • Sauerkraut • Tomato | <ul style="list-style-type: none"> • Bell Pepper • Tomato | <ul style="list-style-type: none"> • Bell Pepper • Cucumber • Tomato |
| Proteins and Fats to Avoid | <ul style="list-style-type: none"> • Almonds • Chicken Egg Yolk • Pistachios | <ul style="list-style-type: none"> • Almonds • Pistachios | <ul style="list-style-type: none"> • Kefir (Cow Milk) • Yogurt (Cow Milk, Plain) | <ul style="list-style-type: none"> • Almonds • Pistachios | <ul style="list-style-type: none"> • Shrimp (Domestic) |
| Fruits and Grains to Avoid | <i>None</i> | <i>None</i> | <ul style="list-style-type: none"> • Barley • Blueberry | <i>None</i> | <ul style="list-style-type: none"> • Watermelon |
| Other Food Items to Avoid | <i>None</i> | <i>None</i> | <ul style="list-style-type: none"> • Coffee | <ul style="list-style-type: none"> • Turmeric | <i>None</i> |

I do drink tea instead of coffee, since coffee can irritate my eyes (and, at least to some extent, my stomach).

However, I think these results were problematic overall:

- It looks like the **variation for the same stool is arguably larger than the variation between stools**.
- I drink **almond milk** every morning, which I believe helps some with digestion (compared to dairy milk). I don't think my reaction to dairy is severe, but I am **not** going to stop drinking almond milk. **This was in multiple reports**.
- I also think it is helpful for me to eat Activia with lunch. I am not completely sure how much eating **regular yogurt** helps, but I am certainly **not** going to stop eating any yogurt.
- **Shrimp** and **watermelon** are among my favorite foods. I don't typically encounter serious problems, and I think they might even help a bit with digestion (at least if the shrimp is cooked and fresh). So, again, these are examples of food that I am definitely **not** going to stop eating.