

	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.