



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)

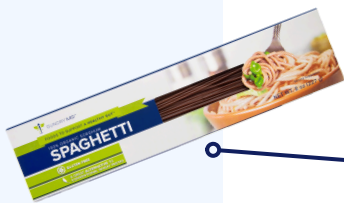


“Yes” List

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
- ✓ Gundry 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





GUNDRY MD™

“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)
- ✓ duck
- ✓ 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
- ✓ dark chocolate
- ✓ goat’s milk ice cream

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)