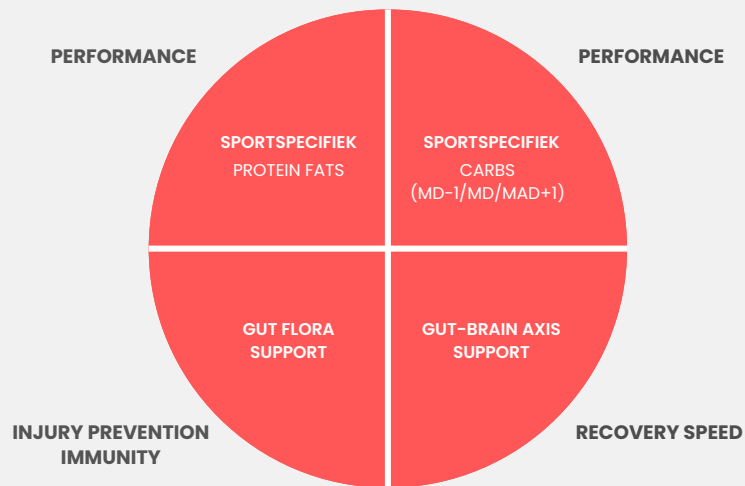


# PHENOTYPE 1: GUTOMICS DYSREGULATION

## Phenotype Gutomics 1



## GUTFLORA SUPPORT

<b>EMBRACE</b>	<b>AVOID</b>
Fruit pectin	Alcohol
Parsley	Carbonated drinks
Vegetable yogurt	
Vegetable buttermilk	
Spinach	

## GUT-BRAIN AXIS SUPPORT

<b>EMBRACE</b>
Banana
Brown rice
Peas
Grapes
Finely chopped nuts and seeds (eat separately – never in combination with other food)
Fermented foods
Greens (algae, kale, broccoli,...) shake

Chickpeas
Peanuts
Free-range eggs
Shellfish such as mussels, clams and oysters
Orange
Fatty fish

**MEAT**

<b>EMBRACE</b>	<b>AVOID</b>
All low-fat preparations	Deep-fried

**FISH, SEAFOOD AND SHELLFISH**

<b>EMBRACE</b>	<b>AVOID</b>
All low-fat preparations	Deep-fried

**VEGETABLES**

<b>EMBRACE</b>	<b>AVOID</b>
Potato	Jerusalem artichoke
Alfalfa	Artichoke
Eggplant (limited)	Asparagus
Avocado (max. 1/8)	Beet
Bamboo shoots	Cauliflower
Bok Choy, bok choy (limited)	Beans
Broccoli (prepared)	Broccoli raw
Butternut pumpkin (30 g)	Mushrooms
Chinese cabbage (limited)	Garlic
Choy sum	Raw lentils
Zucchini (limited)	Corn

Daikon, white (white radish)

Iceberg lettuce

Kale

Cabbage (limited)

Cherry tomatoes (handful)

Celeriac (limited)

Cucumber

Head lettuce

Canned lentils (limited)

Lollo rosso lettuce

Manioc/cassava (limited)

Oyster mushrooms (half box)

Olives (without garlic/onion)

Parsnip

Pumpkin

Leek (dark green tops only)

Princess beans (green beans/green  
broad beans) (limited)

Radicchio lettuce (limited)

Radishes

Red cabbage (limited)

Arugula

Soybean sprouts

Spinach (limited)

Tomato

Tomato, roma (limited)

Mushrooms (except oyster mushroom)

Snow peas

Leek (white part)

Beetroot

Savoy cabbage

Celery, white or green

Shallot (and all other varieties of onion)

Brussels sprouts

Taro

Onion

Yucca

Sun dried tomato

Sauerkraut

Carrot	
Sweet potato (limited)	

## HERBS/SPICES

EMBRACE	AVOID
Pepper and salt	Onion
Fresh or dried: Chives, chili, ginger, basil, thyme, coriander, oregano, rosemary, marjoram, mint, turmeric, lemongrass, parsley, sage, paprika powder, cayenne pepper, bay leaf, mustard seed, juniper berry, nutmeg, cardamom, asafoetida, cloves, coriander seed, cumin, fennel seed, fenugreek, mustard seed, saffron, anise, kaffir lime leaves	Garlic
Dark green tops of spring onions or spring onions	White part or very light green part of spring onions or spring onions (scallions)
Vanilla	Herb mixtures with onion, garlic, wheat flour, or other prohibited additives
Cinnamon	

## FRUIT

EMBRACE	AVOID
Strawberries	Apricot
Pineapple	Apple (or apple fiber)
Banana (yellow-green, limited)	Currants (red currants)
Blueberries	Blackberries
Charentais melon (cavaillon) (not watermelon)	Dates
Lemon	Guava
Clementine	Kaki
Grapes	Cherries
Raspberry	Lychees

Galia melon (not watermelon)	Mango
Honeydew melon	Nashi pear
Kiwi (green or yellow)	Nectarine
Coconut	Pear
Lime	Peach
Mandarine	Plum
Orange	Figs
	Watermelon

### NUTS AND SEEDS

EMBRACE	AVOID
Para/Brazil Nuts	Cashew nuts
Hazelnuts (limited)	Pistachios
Walnuts	Psyllium
Pecans	
Macadamia nuts	
Almonds (limited)	
Chestnuts (max. 15 to 20)	
Poppy seeds	
Sesame seed	
Pumpkin seeds	
Sunflower seeds	
Pine nuts	
Linseed (limited)	

## DAIRY PRODUCTS

EMBRACE	AVOID
Eggs	Milk
Lactose-free substitutes (see below)	Dairy products (except lactose-free cheese, see left column)
Almond milk	Yogurt, buttermilk, ice cream, cream, cheese, cottage cheese/curd, pudding, flan, whipped cream, cookies and pastries containing milk, chocolate milk, Fristi, etc.
Soy milk from soy protein	Whey, whey powder, milk powder
Rice milk	Lactose
Hazelnut milk (limited)	Soy milk from soy beans
Lactose-free cream	
Lactose-free ice cream/yogurt/curd... with the right sweeteners (see list of sweeteners)	
Lactose-free cheese: Cheese is lactose-free if it contains it nutritional value table of the packaging states 0g sugars or <0.5g (lactose is a sugar). Cheese is also lactose-free if it is explicitly stated is stated on the packaging. Most hard aged cheeses are safe.	
E.g.: Emmental, gouda, cheddar, feta, parmesan, grana padano, pecorino, Oud Brugge, Oud Amsterdam, gorgonzola, provolone, camembert, most types of brie, certain goat cheeses	
Be careful: cheese usually contains a lot of fat and can therefore cause problems in large quantities	
Lactase (lactic acid)	

## POTATO PREPARATIONS, RICE, BREAD, ... (CARBOHYDRATES)

EMBRACE	AVOID
Potato	Pre-packed potato preparations with additives
Fries (without incorrect additions, e.g. Lutosa Belgian fries or McCain Fries Belgian style) or home-made fries	Fries with additives

Rice	Croquettes
Rice noodles	Wheat, products from wheat or wheat flour (e.g. bread, pasta, pizza dough, cookies, puff pastry, shortcrust pastry, ...)
Gluten-free pasta from corn or rice flour	Pasta (from wheat flour)
Puree without milk/cream	Puree (standard preparation)
Quinoa	Barley, rye, derivatives from these grains
Gluten-free bread without sweeteners	Bread, rolls, sandwiches, etc.
Polenta	Wheat flour
Oatmeal, oats	Bean flour
Buckwheat and derived products	Gram flour
Millet and derivatives	
Corn flour, corn starch	
Rice flour	
Gluten-free flour without additives	

## SWEETENERS

EMBRACE	AVOID
Honey	Fructose (refined)
Glucose, glucose syrup	Maltitol
Maple syrup	Sorbitol
Rice syrup	Xylitol
Dextrose	Erythritol
Stevia	Mannitol
Palm sugar	All other sweeteners ending in "-ol"
Rice malt syrup	Molasses

## DRINKS

EMBRACE	AVOID
Water	Strong black tea >1 large cup
Mild black tea	Chai tea
White tea	Oolong tea
Green tea	Chamomile tea
Rooibos tea	Fennel tea
Coffee	Milk, milk-based drinks
Milk substitutes (see dairy list)	Buttermilk
Fresh fruit juice from the right fruits (see fruit list) (limited)	Fruit juice from concentrate, or from the wrong types of fruit (e.g. apple juice)
Dry white wine (e.g. Chardonnay)	Drinkyoghurt
Red wine	Dessert wines
Sparkling wine	Port wine
Beer	Cider
Vodka	Rum
Gin	Tequila
Whisky	Cachaca
Jenever	Creamy gin
Tomato juice (1 glass)	Liqueurs, sweet or fruity drinks
Mild herbal tea (1 cup)	
Peppermint tea	

## POTATO PREPARATIONS, RICE, BREAD, ... (CARBOHYDRATES)

EMBRACE	AVOID
Vegetable oil, all types (olive, corn, rapeseed, peanut, sunflower, coconut...)	Sauces with incorrect or unknown ingredients (such as artificial colorings, preservatives, flavor enhancers or other synthetic additives)



## Butter

Vinegar, wine vinegar, apple cider vinegar, malt vinegar, rice wine vinegar (all 2 tablespoons)

Dried banana (limited – 20)

Stock cubes without FODMAP ingredients (e.g. Knorr chicken - not Finesse) or homemade ones  
broth from safe vegetables and herbs

Cocoa powder (2 large tablespoons)

Vinegar, balsamic (1 tablespoon)

Soy sauce

Seaweed nori

Seaweed wakame (2 tablespoons)

Miso paste

Sambal oelek – without FODMAP ingredients, e.g. Suzi Wan brand

Capers

Canned tomatoes (92 g)

Tomato puree (2 tablespoons)

Mustard (without onion/garlic or unknown spices)

Wasabi

Almond paste (1 tablespoon)

Vegemite (1 tablespoon)

Tamarind paste (½ tablespoon)

Worcester sauce (this contains onion, but has been processed in a way that does not cause symptoms) (2 tablespoons)

Mayonnaise (2 tablespoons)

Nutritional yeast (1 tablespoon)

## Hummus

### Pesto

Dried fruit (except banana – see left)

Stock cubes (usually contains onion, leek, etc.)

Carob powder, carob

Vanilla essence

Agar agar

Gelatin

Black chocolate without milk/whey/...,  
without sweeteners