

moms**AWARE**

Antifungal Diet Comparison Chart

	Phase One	Bee's	GAPS	Paleo	Body Ecology
Grains	None	None	None	None	None, with the exception of grain-like seeds such as quinoa, buckwheat
Nuts/Seeds	Permitted, with the exception of peanuts and pistachios	None permitted. When digestive issues are resolved, nuts and seeds may be added with proper preparation.	Permitted after Intro protocol. Best if properly soaked/sprouted/fermented.	With moderation	Almonds on the first phase. All other nuts and seeds excluded. Grain-like seeds (quinoa, buckwheat, millet, amaranth) permitted if properly prepared.
Fruit	Green apples, berries, avocados, grapefruit, lemons, limes	Lemon and limes if consumed sparingly	Avocado allowed in early phases. Apples introduced at stage 5. Other fruits permitted as gut lining heals and only between meals.	With moderation	Sour fresh raw fruits such as lemons, limes, strawberries, blueberries, raspberries, blackberries, and kiwi; avocados
Meat	All meats with the exception of breaded meats	Animal meats and seafood permitted	Homemade bone broth encouraged. Boiled meats preferable to baked during initial stages.	Permitted	Low-fat meats consumed with 80/20 rule: 80% vegetables from plants and sea, 20% animal protein. Bone broths encouraged with less fat.
Juices	Freshly prepared vegetable juice	Egg drinks recommended. When digestive issues are resolved, fruit or vegetable juices may be consumed with good fats (butter, unrefined coconut oil, extra virgin olive oil, and other natural animal fats) to slow release of sugar.	Freshly prepared vegetable juices encouraged after Intro protocol	Freshly prepared vegetable juice in moderation	Sour fruit juice consumed with probiotic liquids. Smoothies recommended rather than green juices.

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Vegetables	Fresh, unblemished vegetables except potatoes and legumes	Low-carb vegetables only. Excludes potatoes, carrots, squash, and other higher carb vegetables. Fermented vegetables encouraged.	Vegetables added to bone broth in early phases. Vegetables, with the exception of potatoes, encouraged throughout additional phases. Fermented vegetables encouraged.	Green leafy vegetables encouraged. Some root vegetables permitted if person has no bacterial overgrowth.	Should be consumed in the form of pâtés/ smoothies/soups. Red potatoes permitted. Fermented vegetables encouraged.
Dairy	Butter, yogurt (especially goat yogurt), cream cheese, unsweetened whipping cream, sour cream made from real cream	Butter and butter oil	Ghee in earliest phase. Fermented dairy (yogurt, kefir) encouraged. Raw dairy permissible as gut lining heals.	Butter/ghee	Butter and ghee permitted. Initial diet eliminates other milk products and slowly introduces fermented dairy as the gut lining heals.
Eggs	Yes	Yes	Egg yolks in early stages. Whole eggs allowed after introductory phase.	Yes	Yes

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