

AVOID THESE FOODS, SUPPLEMENTS & MEDICATIONS ON ALL STUDY DAYS

PLEASE AVOID THE FOODS AND SUPPLEMENTS LISTED BELOW DURING THE ENTIRE STUDY

Fermented Foods

Buttermilk, fresh or “live” pickles, kefir, kimchi, kombucha, miso, natto, raw cheese, sauerkraut, sour cream, tempeh, tzatziki, unfiltered beer, Yakult, yogurt, yogurt-based dips, yogurt-based smoothie drinks



Supplements

Fiber supplements (including inulin, glucomannan), iron, probiotics



Laxative Medications



AVOID THESE FOODS DURING THE BASELINE & FOLLOW-UP DAYS

PLEASE AVOID THE FOODS LISTED BELOW DURING THE BASELINE (DAYS 1 - 15) AND FOLLOW-UP (DAYS 34 - 49) PERIODS

Fruits and vegetables

Apricot, avocado, blackberries, guava, mandarin, mango, nectarine, orange, orange juice, peach, pear

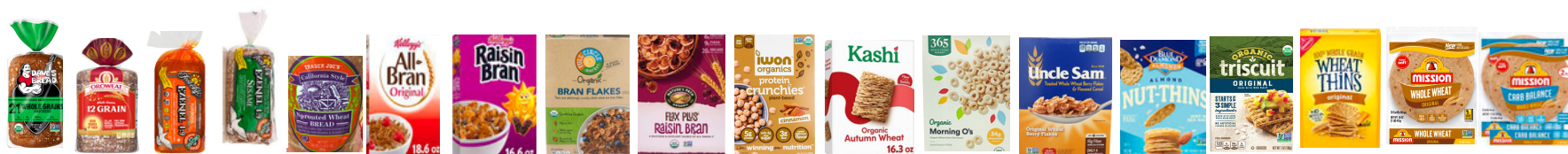


Beet, carrot, corn, chard, gray zucchini, kale, peas



Cereals and Grains

12-grain & sprouted wheat breads, buckwheat or multigrain or sesame breads; cereals made from whole wheat, wheat bran & flaxseeds; other cereals made by brands such as: Iwon, Kashi, 365 Morning O's, Uncle Sam; cracker brands: Nut Thins, Triscuit, Wheat Thins; whole wheat tortillas



Legumes, nuts & seeds

All beans and lentils, hummus, garbanzos (chickpeas), pasta made from beans, lentils, tahini, tofu



Almonds, cashew, chia, flaxseeds, peanuts, pecan, pistachios, sesame, sunflower seeds, walnut; butters & flours or other products made from these nuts



Snacks

Snacks made from beans, lentils, carrot, chickpeas, dried beet, kale, peas

