# CLEANSE DIET

| | Include | Exclude |
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| Fruits & Vegetables | Unsweetened fresh or frozen whole fruits, fresh squeezed fruit juices, sea vegetables (seaweeds), avocados, olives, and raw, steamed, sauteed, juiced, or roasted vegetables | Oranges, orange juice, grapefruit, bananas, strawberries, grapes, corn, creamed vegetables, nightshades (tomatoes, peppers, eggplant, potatoes) |
| Dairy Substitutes | Hemp, rice, and nut milks (such as almond, hazelnut, walnut, etc.) and coconut milk, coconut oil/butter | Dairy and eggs: including milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers, ghee |
| Non-Gluten Grains & Starch | Brown, red, black and wild rice, millet, amaranth, teff, tapioca, buckwheat, quinoa | White rice, wheat, corn, barley, spelt, kamut, rye, triticale, oats (even gluten free) |
| Animal Protein | Fresh or water-packed cold-water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers), wild game (rabbit, pheasant, bison, venison, elk, etc.), lamb, duck, organic chicken and turkey | Pork (bacon), beef, veal, sausage, cold cuts, canned meats, frankfurters (hot dogs), shellfish, any raw meats and fish |
| Vegetable Protein | Split peas, lentils, legumes, bee pollen, spirulina, and blue-green algae | Soybean products (soy sauce, soybean oil in processed foods) |
| Nuts and Seeds | Hemp, sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, walnuts, cashews, macadamia, pistachios, brazil, nut and seed butters such as almond or tahini | Peanuts and peanut butter |
| Oils | Cold-pressed olive, flax, safflower, sesame, almond, sunflower, walnut, pumpkin, and coconut | Butter, margarine, shortening, processed oils, canola oil, salad dressings, mayonnaise, spreads |
| Drinks | Filtered water, green, white or herbal tea, seltzer or mineral water, yerba mate, coconut water, green juice | Alcohol, coffee, caffeinated beverages, soda pop, soft drinks, fruit juice (unless fresh pressed) |
| Sweeteners | Stevia, coconut nectar, yacon, whole/fresh fruit, dried fruit (in moderation) | Refined sugar, white/brown sugars, maple syrup, high fructose corn syrup, evaporated cane juice, Splenda®, Equal®, Sweet'N Low®, juice concentrate, agave nectar, brown rice syrup, honey |
| Condiments | Vinegar, all spices, all herbs, sea salt, black pepper, carob, raw chocolate (dairy and sugar free), stone-ground mustard, miso, coconut liquid aminos, wheat-free tamari and nama shoyu, unsweetened whole fruit jam | Regular chocolate (with dairy and sugar), ketchup, relish, chutney, traditional soy sauce, barbecue sauce, teriyaki, breath mints |