

Foods to Eat In Moderation

Dairy

- Cheese (raw)
- Sour Cream (raw)
- Unsweetened Whole Milk yogurt (homemade is best)
- Unsweetened Kefir
- Full Fat Heavy Cream
- Whole Raw Milk

Fruits

- Apple
- Honeydew Melon
- Pears
- Apricot
- Kiwi
- Persimmon
- Banana
- Lemon
- Plums
- Cantaloupe
- Lime
- Pomegranate
- Cherries
- Mango
- Star Fruit
- Figs
- Nectarine
- Orange
- Tangerine
- Grapefruit
- Papaya
- Watermelon
- Grapes
- Passion Fruit
- Peaches
- Other Fruits

Treats and Condiments

- Dark Chocolate
- Cocoa Powder
- Honey (small amounts only, not daily)
- Caffeinated Green Tea
- Natural Vinegar