

## The Kaufmann Diet - Phase One

	Included	Excluded
1. Sugar	None	All
2. Artificial or herbal sweeteners	Stevia, Stevia Plus	Aspartame, Saccharin
3. Fruit	Green apples, berries, avocados, grapefruit, lemons, limes	(3) All others
4. Meat	Fish, poultry, beef, etc. (1)	Breaded meats
5. Eggs	Yes, yolk cooked intact	Non excluded
6. Dairy Products (2)	Yogurt (including goat yogurt), cream cheese, unsweetened whipping cream, sour cream made with real cream, butter	All others, including margarine and any butter substitutes.
7. Vegetables	See note pg. A-24; also fresh vegetables juiced, including V-8 Juice.	Potatoes, yams, legumes (beans and peas)
8. Beverages	Bottled or filtered water, non-fruity herb teas, Fresh lemonade with stevia	Coffee and tea (including decaf), sodas (including diet sodas)
9. Grains	None	Pasta, rice, corn, wheat, quinoa, amaranth, millet, buckwheat, oats, barley
10. Yeast Products	None	All-including bread, mushrooms, pastries and alcoholic beverages.
11. Vinegars	Unpasteurized apple cider vinegar, black olives not aged in vinegar	Pickles, salad dressings (3), green olives
12. Oils	Olive, grape seed, flax seed (4), etc. Use cold pressed when available.	Partially hydrogenated oils and peanut oil.
13. Nuts	Raw, including pecans, almonds, walnuts, cashews, pumpkin seeds, sunflower seeds, etc.	Peanuts and all peanut products, pistachios.

- (1.) Meat and fish are better if not corn-fed. This means avoiding farm-raised fish.
- (2.) Dairy products are better if from range-fed cattle. Good yogurt products: Brown Cows, Monarch Hills, Redwood Hills (USA). Whipping cream is liquid, unsweetened heavy cream.
- (3.) Excluded because they are fermented
- (4.) Good products: Barlean's.

**Note:** Organically grown vegetables are preferable. Meat, eggs and yogurt and should be from animal sources not injected or fed with antibiotics, hormones, or steroids nor fed silo-stored grains.

## Food Facts

There are always hidden ingredients in prepared foods. The following lists will assist you in spotting those ingredients that should be excluded from your diet. Investigate and read all labels!

### **Dairy**

Cow's Milk  
Casein  
Caseinate  
Sodium Caseinate  
Whey  
Lactalbumin  
Lactalbumin Phosphate  
Buttermilk or buttermilk solids

The food industry also produces "Non-Dairy" or "Dairy Free" products; these should also not be included in the diet.

### **Sugar**

Lactose  
Sucrose  
Glucose  
Maltodextrose  
Maltose  
Dextrose  
Fructose  
Corn Syrup  
Corn Syrup solids  
Honey (1)  
Maple Syrup

Artificial sweetener should also be excluded from the diet. These are Nutra-Sweet, aspartame, and saccharin/saccharine.

### **Vinegars**

Catsup/ketchup  
Mustard  
BBQ Sauce  
Soy sauce  
Worcestershire sauce  
Pickles  
Pickled peppers  
Hot sauce  
Salad dressing  
Green olives  
Horseradish

Dips  
Mayonnaise

These items have been fermented and should be excluded

**Yeast**

Hydrolyzed yeast is an additive in many products such as canned and powdered soups and frozen dinners. Look for it!

Note:

(1.) Honey could be an occasional exception, since it does have some antifungal properties



## Good Food Choices<sup>1</sup>

### **Vegetables:**

Alfalfa sprouts  
Artichoke Chinese  
Asparagus  
Bamboo Sprouts  
Banana Peppers  
Bavarian Endive (escarole, chicory escarole)  
Bean sprouts  
Beets  
Beet Greens  
Bell Peppers  
Brussels Sprouts  
Cabbages—  
    Bok choy  
    Broccoli  
    Cabbage Kraut  
    Cauliflower  
    Celery Cabbage  
    Chinese Cabbage  
    Collard Green  
    Head (green, red)  
    Kale  
    Kohlrabi  
    Savoy  
Capers, without vinegars  
Cardoons  
Carrots  
Celery  
Celeriac  
Cucumber  
Curly endive (chicory)  
Dandelion Greens  
Eggplants  
Fennel  
Garden Cress  
Garlic  
Kelp (seaweed)  
Lamb's quarters  
Leeks  
Lettuces -  
    Butterhead  
    Bib

Boston  
Celtuse (stem  
    Iceberg (crisp head)  
Loose-leaf  
    Lamb  
    Matchless  
    Oakleafe (green bronze)  
    Prizehead  
    Salad bowl  
Red Leaf Chicory  
    Arugula  
    Romaine  
Rutabaga  
Onion  
Okra  
Parsnip  
Pumpkin  
Radish  
Sea Kale  
Shallot  
Spinach  
Squashes  
    Acorn  
    Alligator  
    Banana  
    Boston Marrow  
    Bush  
    Buttercup  
    Butternut  
    Caserta  
    Cheese  
    Cocozelle  
    Connecticut Field  
    Cushaw  
    Delicious  
    Golden Nugget  
    Hubbard Varieties  
    Mammoth  
    Pumpkin  
    Quaker pie  
    Queensland  
    Straightneck  
    Table Queen  
    Turbin Virginian  
    Whitebush Scallop  
    Zucchini

Swiss Chard  
Tomatillo  
Tomatoes (all kinds)  
Turnip Greens  
Upland Cress  
Water Cress  
Whitloff Chicory (Belgian or French endive)  
Yucca

**Miscellaneous**

Agar-agar  
Aloe Vera  
Carrageen (Irish Moss)  
Pepino (melon pear)  
Rhubar

**Meats**

Beef  
    Bologna  
    Liver  
    Sausage  
    Milk product, plain yogurt  
Buffalo  
Goat (kid)- milk, cheese  
Lamb  
Pork—  
    Ham  
    Sausage, etc.  
Poultry-  
    Chicken & chicken eggs  
    Dove  
    Duck & Duck eggs  
    Goose & goose eggs  
    Guinea hen  
    Peafowl  
    Pheasant  
    Prairie Chicken  
    Quail  
    Turkey & turkey Eggs  
Sea Food-  
    Crustaceans  
        Cray Fish  
        Dungeness Crab  
        Lobster  
        Shrimp



Snow Crab  
Mollusks  
Clam  
Oyster  
Scallop  
Snail  
Squid  
Fresh Water Fish  
Beluga  
Carp  
Catfish  
Caviar (roe)  
Crapapie (crappie)  
Pickerel  
Salmon  
Smelt  
Sturgeon  
Trout, all species  
White & Yellow Perch  
White fish  
Yellow bass  
Salt Water Fish  
Albacore Tuna  
Anchovy  
Bluefish  
Cod (scrod)  
Flounder  
Haddock  
Halibut  
Mahi-Mahi  
Ocean Catfish  
Ocean Perch  
Pilchard (Sardine)  
Red Snapper  
Sea Bass  
Sea Herring  
Swordfish  
Tuna  
Veal  
Venison (Deer)

**Miscellaneous:** Not recommended for frequent consumption due to processing and fermentation. Processing can include starch filler and sugars.

Bologna                      Sausage  
Frankfurters                Salami

**Herbs and Spices**

Allspice  
Althea root (tea)  
Angelica  
Anise  
Apple Mint  
Balm  
Basil  
Bergamot  
Boneset (tea)  
Borage  
Burdock Root (tea)  
Burnet (cucumber flavor)  
Caraway  
Cardamom  
Cassia  
Celery seed  
Chamomile (tea)  
Chive  
Cilantro/coriander  
Clove  
Comfrey (tea)  
Cumin  
Dittany  
Dry Mustard  
East Indian arrowroot  
Fenugreek  
Ginger  
Ginseng (tea)  
Goldenrod (tea)  
Hibiscus, Roselle (tea)  
Horehound  
Horseradish  
Lavender  
Lemon Balm (Melissa)  
Licorice  
Lovage  
Mace  
Marjoram  
Menthol



## Anti-Fungal Diet from Kaufmann

Mint  
Nutmeg  
Oregano  
Paprika/Paprica  
Parsley  
Peppercorns (black, white)  
Peppermint  
Pimento  
Rosemary  
Saffron  
Sage  
Savory  
Sorrel (dock)  
Spearmint  
Tarragon  
Thyme  
Turmeric

Sea Salt

## The Kaufman Diet - Phase Two

	Included	Excluded
1. Sugar	None	All
2. Artificial or herbal sweeteners	Stevia, Stevia Plus	Aspartame, Saccharin
3. Fruit	Green Apples, berries, avocados, grapefruit, lemons, limes	All others
4. Meat	Fish, poultry, beef, etc. (1)	Breaded Meats
5. Eggs	Yes, yolk cooked intact	Non excluded
6. Dairy Products (2)	Yogurt (including goat yogurt), cream cheese, unsweetened whipping cream, sour cream made with real cream, butter	All others, including margarine and any butter substitutes.
7. Vegetables	See note pg. A-26; also fresh vegetables juiced, including V-8 Juice.	Potatoes, yams,
8. Beverages	Bottled or filtered water, non-fruity herb teas, Fresh lemonade with stevia	Coffee and tea (including decaf), sodas (including diet sodas)
9. Grains	Oats (oatmeal), brown rice, quinoa, amaranth, millet, buckwheat, barley, flour tortillas, toasted sourdough bread (3)	Corn and Wheat
10. Yeast Products	None	All are excluded-including bread (except sourdough), mushrooms, pastries and alcoholic beverages.
11. Vinegars	Unpasteurized apple cider vinegar, black olives in water	Pickles, salad dressings (4), green olives
12. Oils	Olive, grape seed, flax seed (5), etc. Use cold pressed when available.	Partially hydrogenated oils and peanut oil.
13. Nuts	Raw, including pecans, almonds, walnuts, cashews, pumpkin seeds, sunflower seeds, etc.	Peanuts and all peanut products, pistachios.

- (1.) Meat and fish are better if not corn-fed. This means avoiding farm-raised fish.
- (2.) Dairy products are better if from range-fed cattle. Good yogurt products: Brown Cows, Monarch Hills, Redwood Hills (USA). Whipping cream is liquid, unsweetened heavy cream.
- (3.) Wheat allergy is common, experiment carefully
- (4.) Good products: Barlean's.

**Note:** Organically grown vegetables are preferable. Meat, eggs and yogurt and should be from animal sources not injected or fed with antibiotics, hormones, or steroids nor fed silo-stored grains.