# The Kaufmann Diet - Phase One

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

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

**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.

Ref. *The Fungus Link* by Doug Kaufmann
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  
Maltodextrin  
Maltose  
Dextrose  
Fructose  
Corn Syrup  
Corn Syrup solids  
Honey (1)  
Maple Syrup

Artificial sweeter 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

Ref. The Fungus Link by Doug Kaufmann
Dips
Mayonnaise

These items have been fermented and should be excluded

**Yeast**
Hydrolyzed yeast is an additive in many products such as canned and powered 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

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

Ref. The Fungus Link by Doug Kaufmann
Anti-Fungal Diet from Kaufmann

Boston
Celtuse (stem
   Iceberg (crisp head)
Loose-leaf
   Lamb
   Matchless
   Oakleaf (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

Ref. The Fungus Link by Doug Kaufmann
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)
Rhubarb

**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

Ref. *The Fungus Link* by Doug Kaufmann
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
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

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<td>Oats (oatmeal), brown rice, quinoa, amaranth, millet, buckwheat, barley, flour tortillas, toasted sourdough bread (3)</td>
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(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 should be from animal sources not injected or fed with antibiotics, hormones, or steroids nor fed silo-stored grains.

Ref. *The Fungus Link* by Doug Kaufmann