

# THE LIST

## QUENCHING CROHN'S

### Vegetables

all fresh vegetables except for corn and potatoes  
lettuce  
spinach  
tender baby kale  
collards (juice them)  
Swiss chard  
cabbage  
arugula  
parsley  
cilantro  
cucumbers  
zucchini  
yellow squash  
butternut squash  
acorn squash  
garlic  
ginger (juice)  
onions  
shallots  
chives  
green beans (limited)  
carrots  
mushrooms  
truffles  
sweet potatoes may be included if tolerated  
*raw, fermented vegetables:*  
sauerkraut  
kimchi

salt pickles

### Fruit

blueberries  
apples (peel first)  
pears (peel first)  
lemons  
limes  
grapefruit (fresh juice)  
guava  
papaya  
mango  
coconut  
pineapple (fresh juice or smoothie)  
cherries  
seedless raspberries  
limited, fully-ripe bananas

### Grains

*none at first, then slowly introduce non-gluten grains:*

buckwheat  
millet  
sorghum  
quinoa  
wild rice  
limited brown rice (if tolerated)  
tapioca

### Meat

bone broth from organic chicken or beef bones  
broth made from chicken feet  
organic chicken

**Meat (continued)**

organic, free-range, grass-fed beef  
organic, free-range eggs  
chicken liver (high absorbable iron content)  
oysters (high iron content)  
lamb

**Fats**

Coconut oil  
olive oil  
avocados  
butter if tolerated

**Nuts and seeds (if tolerated)**

almonds  
walnuts  
chia  
flax  
hemp

**Dairy**

goat's milk yogurt  
goat's milk  
goat's milk cheese (aged, hard)

**Beverages**

water  
herbal tea  
kombucha (G.T.'s is superb)  
coconut water

**Sweeteners**

*only pure stevia at first, then gradually introduce:*  
ripe bananas  
dates (limited)  
honey (limited)

**Anti-inflammatory herbs and spices**

turmeric  
black pepper (improves bio-availability of the turmeric when taken together)  
fresh garlic  
cinnamon  
cayenne pepper

**Antibiotic and antioxidant herbs and spices**

oregano  
thyme  
rosemary