



# PLANTS THAT CAN CAUSE...

**IMPORTANT NOTE:** The vast majority of bloating and inflammation come from foods high in high in saturated fats, trans fats, artificial and added sweeteners, ultra processed foods, fried foods, dairy products and excessive use of alcohol. But if you've eliminated those and still don't feel well, take a look at these plant foods.

## BLOATING

This is generally about different fibers in the food.

- Alfalfa
- Apples
- Artichokes
- Barley
- Beans
- Onions
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Garlic
- Lentils
- Nuts
- Peaches
- Pears
- Pulses
- Rye
- Soy
- Gluten

## INFLAMMATION

This is generally about lectins, alkaloids and gluten.

- Beans
- Bell Peppers
- Cauliflower
- Chili Peppers
- Cucumbers
- Eggplants
- Lentils
- Peas
- Peanuts
- Potatoes
- Soy Proteins
- Sweet Potatoes
- Tomatoes
- Wheat Bread
- Wheat Pasta
- Yams