



**DR. MICHAEL RUSCIO**

Get Healthy – and Get Back to Your Life

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## Low Sulfur Dietary Trial

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Created by Dr. Ruscio and Heidi Turner MS, RDN <http://www.foodlogic.org/>

The full sulfur elimination diet should be followed for 5-7 days. In most cases, reduction of symptoms is evident within a few days of starting the diet, but allowing for more time will help to calm symptoms further. For some, symptoms may worsen in the first few days of the diet, so try to keep pushing through for at least a week before deciding whether this diet is helpful.

### Step 1: One week elimination

Follow the meal and snack ideas provided in this guide and make sure you have plenty of food available over the course of the day as the diet is low in protein and can easily cause hunger. Use fats/oils to help, and eat frequently. Drink plenty of bottled or purified water.

### Step 2: Food reintroduction

Once you have finished the first week, if you do not notice any change in symptoms, then sulfur intolerance is not likely an issue, and you can return to your previous diet. Consult your practitioner for additional direction. If your symptoms have improved you can start the food reintroduction process:

**Sulfur:** For 1-4 days eat multiple servings of high sulfur foods over the course of each day. If symptoms return within these four days, then return to a low sulfur diet and wait for symptoms to calm.

**Grains:** If you are unclear on your tolerance to grains, return them to the diet separately from sulfur. If you do have a sulfur intolerance, note that quinoa and buckwheat are higher in sulfur and may be more reactive. Wheat and other gluten containing grains should be added in separately as they, too, can be reactive in many.

**Other food intolerances:** You have removed many foods from this diet that can be reactive apart from their sulfur content including eggs, dairy, nuts and soy. If you are unclear of your tolerance to these foods, consider keeping them out while you introduce other high sulfur foods and grains back into the diet. From there, you can introduce eggs, dairy and soy back in separately. Note if you are sulfur intolerant, these foods will add to your sulfur load and may be problematic.

### Step 3: Supporting a sulfur intolerance

If you have a sulfur intolerance, start working with supporting sulfur metabolism and detoxification using appropriate supplementation and other detox methods including Epsom salt baths and infrared sauna. Discuss with your practitioner. Once this support has begun, you will want to determine your own threshold to high thiol and sulfur foods by increasing them slowly into your diet to your personal tolerance. This tolerance will likely expand with time and support.

## Menu Ideas for Low Sulfur Dietary Trial

### Breakfast Options

- Morning smoothie: water (1 cup), avocado (1/4 of whole), banana (1/2 fresh or frozen), macadamia nuts (6), cinnamon (1/2 tsp), honey to taste, rice or pea protein powder
- Fresh juices: cucumber, celery, beet, carrot, orange or apple
- Fresh fruit (any allowed) and a handful of macadamia nuts
- ½-1 sliced avocado with 1 orange, peeled and cut into chunks, drizzled with olive oil and sea salt
- Banana or apple with macadamia nut butter
- Sweet potatoes, grated and cooked in olive oil, sea salt and fresh herbs. Add smoked salmon or sardines for protein.
- Leftovers from dinner (protein, veg, fruit)

#### *If eating rice*

- Long grain, jasmine rice with chopped macadamia nuts or pumpkin seeds, fresh blueberries or other fresh fruit, cinnamon, rice milk

### Lunch/Dinner Options

- Allowed proteins (salmon, dark meat poultry, etc) with roasted carrots, sweet potatoes, squash or other low sulfur vegetable, cooked in olive oil, sea salt, pepper, herbs
- Romaine or other lettuce greens with fresh low sulfur veggies, fruits, pumpkin seeds, sunflower seeds, avocado, beets, olive oil, lemon juice, salt, pepper, fresh herbs. Can add 3-4 ounces of protein, as well.
- 1 can sardines over mixed greens, low sulfur veggies, fruit
- Sweet potato fries or sweet potato mashed with ghee/butter, ½ avocado drizzled with olive oil, piece of fruit
- Roasted red potatoes in olive oil and rosemary, sea salt; 3-4 ounces allowed protein, salad or sautéed veggies in olive, fresh herbs
- Salad (romaine, veggies, oil, lemon juice, sea salt), butternut squash soup (roasted then pureed in homemade chicken broth or water, salt, herbs like tarragon or thyme, salt)
- Zoodles (zucchini noodles) or spaghetti squash sautéed in olive oil or ghee, fresh thyme, sea salt; with roasted sweet potatoes or red/yellow potatoes tossed in ghee
- Zoodles or spaghetti squash sautéed in olive oil and tossed in homemade pesto (1 package organic basil blended with 1 cup olive oil, ½ tsp sea salt; divide into 4 servings)
- Roasted or grilled portobello mushroom, brushed with olive oil, sea salt, pepper, basil. Lay over salad or serve with roasted potatoes.

#### *If eating rice*

- Rice pasta tossed in homemade pesto (see above). With salad (romaine, zucchini, tomato, peppers, cucumbers, celery, avocado, olive oil, lemon/vinegar) and protein.
- Stir fried rice (white) with olive oil, sesame oil, ginger, zucchini, water chestnuts, carrots, celery, mushrooms, eggplant, peppers. Can add 3-4 ounces of chicken or turkey or fish for protein or skip
- Can add rice to any meal. Limit 1/2 cup.

### Snacks

- Chips (sweet potato, potato, plantain). Unseasoned (salt OK) dipped in homemade guacamole
- Macadamia nuts or macadamia nut butter with fruit
- Vegetables such as carrot sticks, celery, cucumbers, zucchini dipped in homemade guacamole (avocado mashed with lime juice/sea salt)

- Fruits (any allowed) such as berries, oranges, apples, bananas
- Mashed or roasted sweet potato with ghee
- 1/2 avocado drizzled with olive oil and sea salt
- Handful of sunflower or pumpkin seeds with fruit
- Trail mix with dried, no sulfite fruit such as raisins, cherries or dried bananas, chopped macadamia nuts, sunflower and pumpkin seeds

<u>Yes</u>		<u>No</u>	
Fruit	Veggies	Fruit	Veggies
Avocado* Apple Banana* Berries Cherries Citrus fruits Dried fruits (unsulfured) Grapes Kiwi Grapefruit Mango Melon (all) Nectarines Peaches Pears Persimmon Plums	Artichoke, French Bamboo shoots Beets Bell Peppers Carrots Celery Cucumbers Eggplant* Fennel Lettuce Mushrooms Parsnips Potatoes Squash (butternut, acorn, spaghetti, summer, winter) Sweet Potatoes Tomatoes* Yams Zucchini	Papaya Pineapple	Artichoke, Jerusalem Asparagus Bean sprouts Bok Choy Broccoli Brussels Sprouts Cabbage Cauliflower Daikon Garlic Greens all including collards, kale, mustard, spinach, chard) Green beans Horseradish Jicama Leeks Onions Peas Radishes Rutabaga Sauerkraut Shallots Sunchoke Swiss Chard Turnip Watercress
<b>Grain</b> <i>eat only if certain of tolerance</i>	<b>Nuts/Seeds/Oils</b>	<b>Grains + Legumes</b>	<b>Nuts/Seeds/Oils</b>
Rice, white only	All oils except coconut All seeds (no sesame)* Macadamia nuts*	Buckwheat Quinoa All other grains** All legumes	Coconut oil* All nuts except those listed in allowed Peanuts Sesame/Tahini (oil OK)

<b>Fish - Fatty fish have less sulfur</b>	<b>Beverages</b>	<b>Fish</b>	<b>Beverages</b>
Anchovies Clams Herring Mackerel Oysters Sardines Salmon	Herbal tea Bottled water	Cod Tuna Sole All other seafood	Bone broth Cocoa Coffee Tea, black, green, white Alcohol Soda Tap water
<b>Meat</b> <i>Limit 4 oz per meal, max 8 oz per day</i>	<b>Supplements</b>	<b>Meat</b>	<b>Supplements</b>
Dark meat chicken Dark meat turkey Liver and organ meats	All supplements are allowed with the exception of those noted on the avoid list	Beef Pork Game meats All other meats not listed in allowed	L-methionine, L-cysteine or NAC, L-taurine, glucosamine, glutathione; L-glycine, DMSO, SAME, methylcobalamin, methyl-folate, Betaine HCL and choline, chlorella, chondroitin sulfate, alpha lipoic acid
<b>Protein Powder</b>	<b>Dairy</b>	<b>Protein Powder</b>	<b>Dairy + Eggs</b>
Rice protein Pea Protein	Butter, organic Ghee	Whey Protein Collagen Gelatin	Eggs All other dairy
<b>Herbs/Spices/Condiments</b>	<b>Condiments/Misc.</b>	<b>Herbs/Spices</b>	<b>Condiments/Misc.</b>
All herbs/spices except those on avoid list	Extracts (vanilla, etc.) Vinegar (sulfite free) Worcestershire sauce Honey Jam: All fruit only Ketchup	Chives Cilantro Coriander Garlic powder Mustard Onion powder Tamarind	Chocolate Sugar ** Sulfited vinegar Yeast extract

#### NOTES

\* These foods are low in sulfur, but can be reactive in some. If you note any increase in symptoms by increasing these foods, please avoid. You can add back in to determine tolerance at a later time.

\*\* "All other grains": Most grains, including wheat and oats are low in sulfur, but we recommend omitting all grains while testing this diet as dysbiosis and starch intolerance is common in sulfur intolerance. While only the grains identified contain thiols, eliminating all grains is best for the experiment. White rice tends to be less problematic, so if you are certain you tolerate it, you can eat it in small amounts. Limit to 1/2 cup per meal.

If there are foods on the allowed list that you know you do not tolerate, please continue to avoid.