

Chart

Mucus-free Diet

MUCUS-FREE

RIPE FRUITS (MUCUS-FREE)

Apple, apricot, banana, blueberry, cherry, clementine, currant, date, fig, gooseberry, grapefruit, grape, kiwi, lemon, mango, mirabelle plum, nectarine, orange, papaya, peach, pear, pineapple, plum, raspberry, strawberry, tangerine, watermelon and others

GREEN LEAFY VEGETABLES (MUCUS-FREE)

Chard, endive, garden herbs (basil, cilantro, parsley, ...), kale, lettuce, lamb's lettuce, oak leaf lettuce, nettle, spinach and others

VEGETABLES (MUCUS-FREE / LOW IN MUCUS)

Algae (Afa, Chlorella, Kelp, Konjac, Spirulina, Wakame), Asparagus, Beetroot, Brussels Sprouts, Celery, Cucumber, Fennel, Jackfruit, Kohlrabi, Leek, Onion, Pepper, Pointed Cabbage, Radish, Red Cabbage, Tomato, Zucchini

MICROGREENS

Broccoli greens, radish greens, pea greens, sunflower greens and others

SPROUTS

Alfalfa sprouts, arugula sprouts, broccoli sprouts, buckwheat sprouts, fenugreek sprouts, flaxseed sprouts, lentil sprouts, mustard sprouts, mung bean sprouts, quinoa sprouts, radish sprouts, red clover sprouts, sunflower sprouts, and many more

VEGETABLES BAKED OR STEAMED (MUCUS-FREE / LOW IN MUCUS)

Asparagus, broccoli, brussels sprouts, carrots, cauliflower, peas, peppers, squash, sweet potato, zucchini

DRIED FRUITS

Apple, apricots, dates, figs, mango, plums, raisins, sour cherries and others

SWEETENER

Agave nectar, apple syrup, bee honey (not vegan), date syrup, maple syrup, yacon syrup

MUCUS-FORMING

STARCHY OR FATTY VEGETABLES (LIGHT TO MODERATE MUCUS-FORMING)

Avocado, carrots (baked), cauliflower (raw), coconut meat, corn, mushrooms, olives, pumpkins

CEREALS (MEDIUM MUCUS-FORMING)

Bread (barley, rye, wheat, etc.), cereals (all types), pasta, glutenfree cereals (all types)

LEGUMES (MODERATE MUCUS-FORMING)

Beans, chickpeas, lentils, peas, ...

NUTS AND SEEDS (MODERATE MUCUS-FORMING)

Nuts (all types), seeds (all types)

OILS (MODERATE MUCUS-FORMING)

Vegetable oils (all types)

FERMENTED (PROMOTES THE FORMATION OF ACID)

Fermented vegetables (kimchi, sauerkraut, ...), miso, soy sauce, etc.

SALT AND SPICES (PROMOTES THE FORMATION OF ACID)

Cayenne pepper, chili, curry, paprika, pepper, salt

PROCESSED FOODS (MEDIUM TO VERY MUCUS-FORMING)

Dried and frozen convenience foods, fast food, gelatine, plant milk, processed spreads, stimulants (cocoa, coffee, alcohol), sweets, vegetarian substitutes

DAIRY PRODUCTS (PUS-FORMING)

Butter, buttermilk, cheese, cream, curd, kefir, milk, yogurt

MEAT, FISH AND EGGS (PUS-FORMING)

Eggs, fish, meat, and their products and preparations