



CIRS SPECIFIC FOOD GUIDE

This food guide is here to support you while in treatment for Chronic Inflammatory Response Syndrome (CIRS) and resulting gastrointestinal lining permeability, carbohydrate malabsorption, histamine intolerance, or dysbiosis. It serves as a practical starting point for individuals who have developed food sensitivities and are seeking a clear, evidence-informed framework to follow. This guide focuses on the temporary removal or limitation of foods that are high in histamine, FODMAPs and specific carbohydrates- Offering options that support your body during CIRS recovery.

As symptoms improve, it is important to gradually reintroduce a variety of foods to enhance nutrient density, support microbial diversity and promote long-term health and metabolic flexibility.



Consult your healthcare practitioner to ensure this protocol aligns with your treatment goals. While therapeutic nutrition can reduce symptoms and support healing, it is not curative. Full recovery from CIRS requires a comprehensive approach. This step supports your body's natural healing capacity and helps build the foundation for long-term health.



What to expect when following the CIRS Specific Food Guide

For individuals with Chronic Inflammatory Response Syndrome (CIRS), strategic dietary choices can significantly impact health outcomes.

Avoiding gluten is crucial, particularly for those with elevated anti-gliadin antibodies, intestinal permeability, and dysbiosis. Gluten-free grains may also trigger immune and inflammatory responses in some individuals.

Specific carbohydrates, including FODMAPs and high amylose foods (found in grains, root vegetables, and some fruits), can aggravate dysbiosis and gastrointestinal symptoms, particularly when combined with carbohydrate malabsorption, a common feature in CIRS.

In many cases, it's beneficial to limit high-histamine and histamine-liberating foods, such as aged cheeses, fermented foods, alcohol, and cured meats. These foods can contribute to inflammation and trigger symptom flare-ups. By reducing these dietary triggers, individuals with CIRS can better support gut integrity, lower inflammation, and reduce the overall burden on an already stressed immune system.

Categories Considered:

Carbohydrates

FODMAPS

High Amylose

High Histamine

Antigenic Foods

Moldy Foods

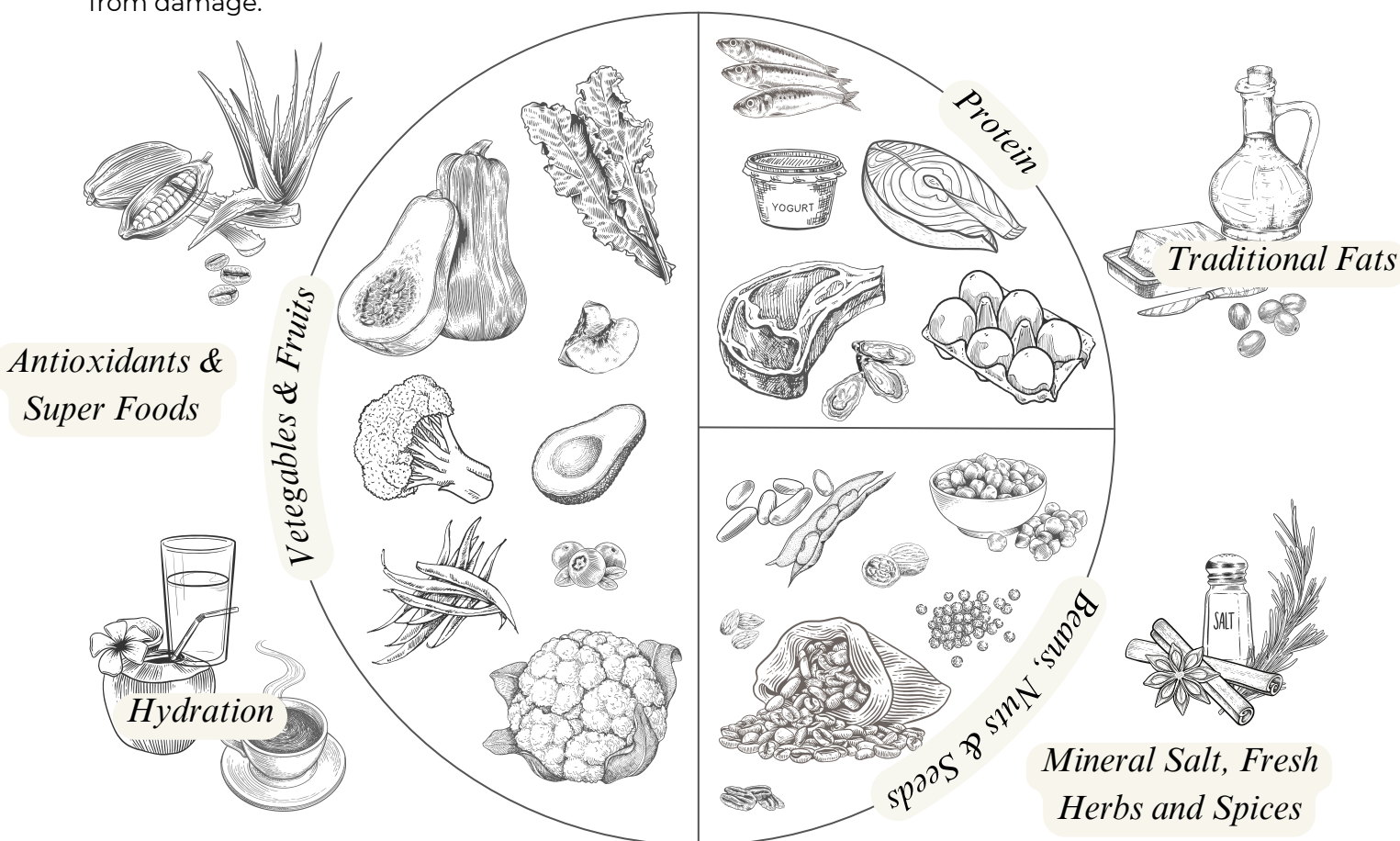
Creating Balanced Meals

Vegetables & Fruits

Fruits and vegetables provide essential vitamins, minerals, and fiber, which support gut health and promote detoxification. Their antioxidant properties help reduce inflammation and protect cells from damage.

Animal Based Protein

Animal proteins are rich in complete amino acids, which are essential for tissue repair, muscle maintenance, and overall cellular health. They also support the production of enzymes and hormones that help regulate metabolic processes.



Beans, Legumes, Nuts and Seeds

Beans, legumes, nuts, and seeds provide plant-based proteins and key minerals. They are excellent bile acid sequestrants, helping to lower the total toxic burden by supporting natural detoxification processes.

Traditional Fats & Oils

Traditional fats, such as those from olive oil, ghee, lard, tallow and coconut, are crucial for nutrient absorption, hormone production, and reducing inflammation. They also support the production of bile acids, which aid in detoxification.

Hydration

Adequate hydration and electrolyte balance are crucial for supporting fluid retention and regulating ADH in CIRS. Proper electrolyte intake helps maintain cellular function.

Antioxidants

Antioxidants from superfoods, herbs, and spices help neutralize free radicals, reduce oxidative stress, and protect DNA, proteins, and cell membranes from damage. They also enhance immune function and reduce inflammation.

CIRS Safe Swaps



BONE BROTH

Bone broth can be high in histamines and glutamates, which may trigger inflammation and worsen gut issues for those with sensitivities.



MEAT STOCK

Meat stock contains essential fatty acids, gelatin, collagen as well as amino acids like glycine and proline that help repair the gut lining.



CONVENTIONAL

Conventionally farmed produce, meat, dairy, and eggs, often contain pesticides, hormones, and antibiotics that can disrupt the gut microbiome.



REGENERATIVE

Pasture-raised, and organic foods ensures you're consuming nutrient-dense, chemical-free products that promote healing.



SEED OILS

Industrial seed oils, such as soybean, corn or canola are highly processed which can cause inflammation and disrupt gut health.



TRAD FATS

Traditional fats, such as olive oil, ghee, lard, and tallow, are more stable, nutrient-dense, and essential for supporting a healthy gut.

A WORD ON FOOD PREP

Gut-Friendly Cooking

Stewing, sautéing, or slow roasting meat is easier to digest compared to frying or barbecuing. These cooking methods not only preserve the meat's nutrients but also make the proteins more digestible. Slow cooking reduces the formation of harmful compounds like advanced glycation end-products (AGEs) and heterocyclic amines (HCAs), which can irritate the gut and contribute to inflammation.

Neutralizing Plant Toxins



OXALATES



LECTINS



PHYTATES

Many plant toxins, such as lectins, oxalates, phytates, salicylates, and protease inhibitors, can be reduced through traditional food preparation methods like peeling, de-seeding, soaking, sprouting, steaming, cooking, and pressure cooking. These techniques can help break down or leach out problematic compounds, making foods easier to digest and less likely to irritate the gut. While it's important to be mindful of food sensitivities, these food preparation methods allow you to enjoy a wider range of plant-based foods.

How to use this food guide:

The CIRS Specific Food Guide is designed to help you navigate food choices while working through the CIRS Treatment Protocol. There are four food categories to make it easy to choose foods that work best for people with CIRS who have developed dysbiosis, food sensitivities, MCAS, histamine intolerance, carbohydrate malabsorption and leaky gut.

Well Tolerated

These foods are generally **safe** for individuals with carbohydrate malabsorption and histamine intolerance. These foods have minimal chance of irritating your gut or triggering inflammation.

Be Mindful

Foods in this category are **generally well tolerated** but could cause reactions in some individuals, especially those with severe gastrointestinal permeability or dysbiosis. These foods might irritate your gut or cause bloating in a smaller subset of people, so it's important to stay mindful when eating them.

In Moderation

These foods may contain **FODMAPs**, be **higher in histamine** or **be histamine forming** which can cause some discomfort. However, they are **low amylose** and adhere to the **Specific Carbohydrate Diet**. Start with small portions and rotate them into your diet carefully.

Limit

These are healthy foods that contain **higher levels of amylose, carbohydrates, FODMAPs, histamine**, and may be **histamine forming**, which may exacerbate symptoms in sensitive individuals. These foods should be **introduced later** in your healing journey.

***EXAMPLE**



Well Tolerated

Generally well tolerated.



Be Mindful

Generally well tolerated. May cause reactions.



In Moderation

Introduce slowly with caution.



Limit

Introduce later, in small amounts.

Moving Forward: A Simple Strategy

Start with 'Well Tolerated' foods and build your diet around these. These will give you the safest options while you work on healing your gut and body.

Introduce 'Be Mindful' foods gradually, paying close attention to your symptoms. Keep a food diary to track reactions. This is key since everyone's tolerance is different.

Rotate 'In Moderation' foods into your diet. Try them once a week, increasing the portion size slowly as you move through your CIRS Treatment Protocol.

'Limit' the higher-risk foods until your symptoms improve. Introduce them later when you feel ready or when your digestive system is more stable.

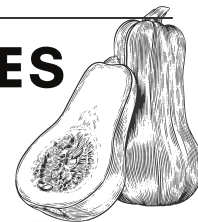
Remember, this isn't a race! The goal is to listen to your body, adjust your food intake as needed, and **stay consistent with the CIRS Treatment Protocol**, which may include addressing underlying infections and dysbiosis. Keeping a food diary will be incredibly helpful to spot unique triggers and patterns in your diet.

Your body is on a healing journey—Take it one step at a time, and always feel free to adjust as you learn what works best for you. It's about progress, not perfection!



CIRS Specific Food List

VEGETABLES



Well Tolerated

Arugula
Bamboo Shoots
Bock Choy
Chives
Cucumber
Endive
Fennel Bulb
Green Beans
Green Onions

Leafy Greens:
Collards, Kale,
Mustard Greens,
Swiss Chard,
Watercress

Salad Greens:
Romaine, Iceberg,
Butterhead, Red,
Radicchio



Be Mindful

Acord Squash
Butternut Squash
Buttercup Squash
Carnival Squash
Delicata Squash
Hubbard Squash
Kabocha Squash
Sweet Pie
Pumpkins

Zucchini/Courgettes



In Moderation

Asparagus
Artichoke Hearts
Avocado
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Celery
Fennel
Fresh/Frozen Peas

Garlic
Leeks
Onions
Scallions
Shallot



Limit

Root Vegetables:
Beets
Carrot
Celeriac
Jerusalem Artichoke
Parsnips
Radish
Rutabaga
Turnip
Taro
Water Chestnuts
Yam
Yucca

Eggplant
Mushrooms
Olives
Hot Peppers/Chilis
Spinach
Tomatoes

Vegetable Starch:
Cassava, Arrowroot,
Tapioca

Seaweeds & Sea
Vegetables

CIRS Specific Food List

FRUITS



Well Tolerated

Blueberry
Dragon Fruit
Pomegranate
Prickly Pear



Be Mindful

Cranberry
Cherries
Currants
Cantaloupe
Grapes
Guava
Honeydew
Lychee
Papaya/Paw Paw
Passion Fruit
Raspberry
Star fruit



In Moderation

Apple
Apricot
Dried Current
Dates
Figs (Dried/Fresh)
Mango(Fresh/Dried)
Papaya, dried
Peach
Pear
Persimmon
Pineapple
Plum
Prunes
Raisins
Rhubarb
Watermelon
Quince



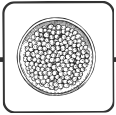
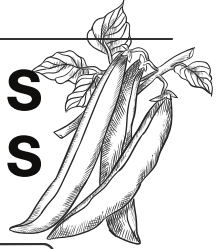
Limit

Bananas
Blackberry
Elderberries
Kiwi
Lemon
Orange
Plantain
Strawberries
Tangerine

Sugar and
preservative free;
Jams, jellies,
preserves & ferments

CIRS Specific Food List

LEGUMES & BEANS



Well Tolerated

Red Lentils
(Avoid if sensitive to
silicone)



Be Mindful

Green/Brown Lentils
Navy Beans
Lima
Butter
Cannellini



In Moderation

Peas/Spilt Pea
Borlotti
Cranberry



Limit

Kidney
Chickpea/Garbanzo
Fava/Broad Bean
Pinto
Edamame

NUTS & SEEDS

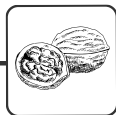


Well Tolerated

Almonds
Hazelnuts
Hemp Seeds
Macadamia

Coconut Cream
(homemade or
canned without
additives)

Homemade
nut/seed milk.



Be Mindful

Chestnuts
Flaxseeds
Hazelnuts
Pecans
Walnuts



In Moderation

Acorn Flour
Almond Flour
Cashews
Chestnut Flour
Coconut Flour
Pine nuts
Pistachios
Pumpkin seeds
Sesame seeds
Sunflower seed
Tigernut Flour



Limit

Chia Seeds

Peanuts
Peanut butter

CIRS Specific Food List

DAIRY



Well Tolerated

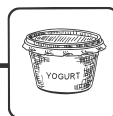
Ghee



Be Mindful

Butter

Fresh Milk or Cream
from A2 Cows, Sheep,
Goat or Water
Buffalo



In Moderation

Homemade 24 hour
Yogurt

Sour Cream
Cottage Cheese
Kefir

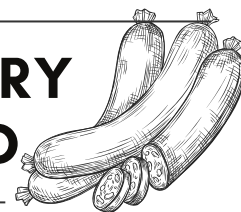


Limit

Cheese: aged 1 mo+:
Parmesan, Gouda,
Cheddar, Swiss,
Asiago, Manchego

Soft Cheese: Cream
cheese, Feta, chevre,
Mozzarella, Ricotta

MEATS, POULTRY & SEAFOOD



Well Tolerated

Pasture Raised
(Fresh, flash frozen):

Beef
Lamb
Organ Meats
Pork
Venison

Pasture raised,
organic (soy and corn
free) Poultry:
Chicken, duck, turkey

Wild caught/
Wild harvested/Flash
Frozen Seafood



Be Mindful

Meat Stock

Peameal or Fresh
Bacon

Pasture raised,
organic fed (soy &
corn free) Duck,
Chicken or Quail
Eggs



In Moderation

Sausages/Liverwurst

Offal, Liver

Aged, Smoked or
Cured Meats

Dehydrated meats
made only with salt,
herbs and sweetened
with honey or fruits.

Canned, marinated,
fermented, salted,
smoked or pickled
seafood



Limit

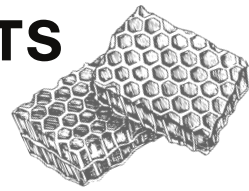
Bone Broth (made
with bones and
cartilage)

Smoked Bacon-
w/Maple Syrup

Leftovers

CIRS Specific Food List

SWEETS



Well Tolerated

Raw Local Wildflower
Honey



Be Mindful

Honey: Buckwheat
and Pasteurized
Commercial

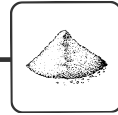
Stevia- pure (no
inulin) in small
amounts



In Moderation

Maple syrup

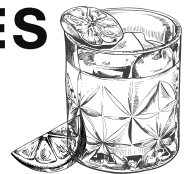
Coconut nectar
crystals



Limit

Agave syrup
Molasses
Rapadura
Sucanat

BEVERAGES



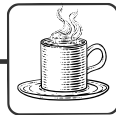
Well Tolerated

Herbal Teas: Nettle,
Chamomile, Hibiscus,
Lemongrass, Mint,
Rose Hip

Fresh Ginger and
Turmeric tea

Georges Aloe

Gerolsteiner Mineral
Water



Be Mindful

Mold-free Coffee

Tea: Black, Green,
Oolong, Chai,
Roobios

Lakewood Aloe

Fresh pressed juices

Smoothies



In Moderation

Green tea/Matcha
powder

Chicory or
dandelion root tea

Lemon Water



Limit

Instant coffee

Tea: Chicory Root,
Licorice, Pau D'arco

Mushroom teas:
Chaga. Reishi

CIRS Specific Food List

FATS



Well Tolerated

Ghee
Coconut oil
Duck fat
Lard & Tallow
Olive Oil

Garlic or herb infused
Olive Oil

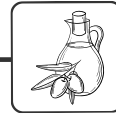


Be Mindful

Butter

Medium Chain Tri
glyceride/MCT oil
Palm oil

Fish Oil (SMP's/Pro-
Resolvins)

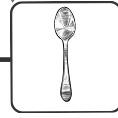


In Moderation

Cold pressed/raw:
Hemp, Pumpkin
Flax, Sunflower,
Walnut, Borage

Black Cumin Seed Oil

Rosita Cod Liver Oil



Limit

Avocado Oil
Bacon Fat
Sesame Seed Oil

SEASONINGS & CONDIMENTS



Well Tolerated

Fresh herbs

Fresh Ginger and
Turmeric

Redmond Real Salt



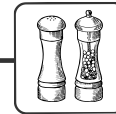
Be Mindful

Freshly ground
Ceylon Cinnamon,
Black Pepper

Danielle Walker
Seasoning Blends

Pure Vanilla Extract
(non-glycerin based)

Mold free Cacao
powder or nibs.



In Moderation

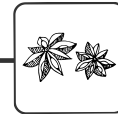
Homemade or
Primal Kitchen
Mayonnaise, Ketchup
and Dressings

Organic Eden
Mustard & Wasabi

Apple Cider, White &
Red Wine Vinegar

Coconut Aminos

Fresh Lemon Juice



Limit

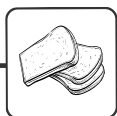
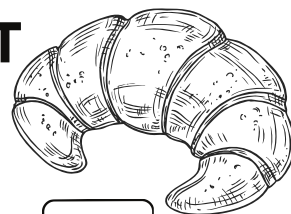
Spice Mixes
(may contain fillers,
starches, gluten and
preservatives)

Cayenne, Cardamom,
Common Cinnamon,
Cloves, Nutmeg

Balsamic Vinegar

Foods to Avoid

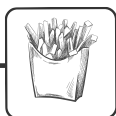
RESTRICT



Gluten & Grains

All grains:
Wheat, Barley,
Buckwheat, Rye,
Oats, Spelt, Kamut,
Bulgur, Farro, Teff,
Triticale, Einkorn,
Emmer, Durum,
Semolina, Sorghum,
Amaranth,
Corn (Maize), Millet,
Quinoa, Rice

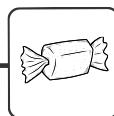
Processed or refined
grain products such
as bread, pasta,
crackers, chips and
cereals containing
these grains or
refined
carbohydrates



High Amylose

Beets, Carrots,
Jerusalem Artichoke,
Parsnips, Sweet
Potatoes, White
Potatoes, Yams

Bananas



Refined Sugar

Table Sugar (Sucrose)

High Fructose Corn
Syrup, Barley Malt
Syrup, Rice Syrup

Glucose Syrup

White Sugar
Brown Sugar

Candy, highly
processed foods,
soda, energy drinks,

Artificial sweeteners

Sugar Alcohols:

Sorbitol, Mannitol,
Xylitol, Erythritol



Moldy Foods

Moldy Cheese: Blue
Cheese, Brie,
Camembert, Munster

Cheese Rinds

Bakers Yeast

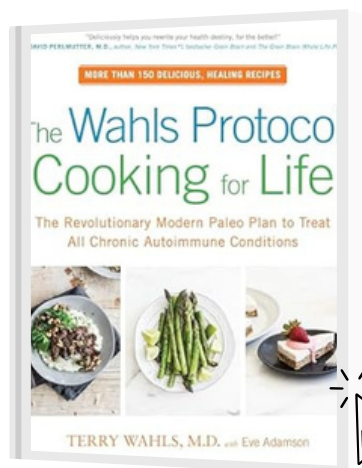
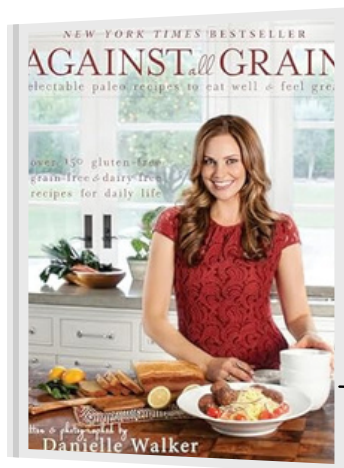
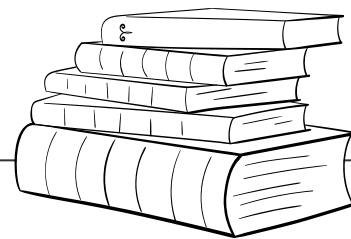
Nutritional Yeast

Alcohol, beer and
wine

Improperly stored
grains and flours

Kombucha

Favorite Recipe Books



It is my hope that the CIRS Specific Food
Guide serves as a reliable resource,
offering clarity and support as you work
toward lasting recovery.

With gratitude,
Alli

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