

## Non-Approved List

### ✗ Polyunsaturated Fats (PUFAs):

- Canola, [soy](#), corn, [sunflower](#), safflower, cottonseed, grapeseed, [flaxseed](#), [fish](#), margarine.
- Highly unstable, promote inflammation, suppress thyroid, damage mitochondrial function.

### ✗ Nuts & Seeds (and their butters/oils):

- [Almonds](#), [walnuts](#), [cashews](#), chia, hemp, pumpkin seeds, peanut butter.
- High in PUFAs and often contain enzyme inhibitors and mold toxins.
- Especially harmful when raw or unsoaked.

### ✗ Legumes & Pulses:

- Lentils, black beans, kidney beans, soybeans, chickpeas, tofu, tempeh.
- Hard to digest, estrogenic, contain lectins and anti-nutrients.
- Soy is particularly estrogenic and thyroid-suppressive.

### ✗ Whole Grains & Bran:

- Wheat bran, brown rice, [oats](#), quinoa, barley, buckwheat.
- Contain phytic acid, fiber overload, and endotoxin-promoting compounds.
- Ray Peat preferred refined, low-residue carbs like white rice or white potatoes.

### ✗ Cruciferous Vegetables (especially raw):

- Broccoli, cauliflower, kale, Brussels sprouts, bok choy.
- Contain goitrogens that suppress thyroid and interfere with iodine utilization.

### ✗ Raw Leafy Greens:

- Spinach, chard, collard greens, arugula.
- High in oxalates and hard on the kidneys and gut.

### ✗ Processed Foods & Additives:

- MSG, aspartame, preservatives, colorings, emulsifiers.
- Neurotoxic and damaging to digestion and liver health.

### ✗ Fermented Soy & Fake Health Foods:

- Miso, natto, tempeh, textured vegetable protein (TVP).
- Estrogenic, PUFAs, and gut-irritating.

### ✗ Alcohol (especially beer and wine):

- [Estrogenic](#), [liver-toxic](#), and [interferes with blood sugar regulation](#).
- [Occasional distilled spirits like vodka may be tolerated better](#).

### ✗ Testosterone Blockers:

- [Licorice](#), [mint](#), [green tea](#) - can be estrogenic.

### ✗ Overcooked or Grilled Meats:

- Charred proteins create toxic byproducts like heterocyclic amines and lipid peroxides.

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