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 (813)

You may eat whatever items have checkmarks by them, unless you are avoiding them for other reasons. Keep a food and symptom diary. Always read labels carefully.

Cereals and Grains

- Barley
- Buckwheat
- Cane Sugar
- Malt
- Oat
- Rice
- Rye
- Wheat
- Millet
- Pasta
- Rice Cakes
- Brown rice
- crackers
- Corn tortillas
- Shredded wheat
- Puffed Rice, Corn & Wheat
- Richard Bourdon
- Breads
- Baldwin Hill
- Breads

Nuts

- Almond
- Brazil
- Cashew
- Coconut
- Filbert
- Peanut
- Pecan
- Pistachio
- Walnut
- Tahini
- Cashew butter
- Almond Butter
- Sunflower Seeds

Fruits

- Apple
- Avocado
- Banana
- Blackberry
- Blueberry
- Cantalope
- Cherry
- Date
- Fig
- Grape
- Grapefruit
- Honeydew
- Lemon
- Lime
- Nectarine
- Orange
- Peach
- Pear
- Pineapple
- Plum
- Prune
- Raspberry
- Raisin
- Strawberry
- Tangerine
- Watermelon

Dairy Products

- Butter
- Cheeses
- Eggs
- Ice Cream
- Margarine
- Milk-cow
- Milk-goat
- Yogurt-plain

Meats/Poultry

- Beef
- Chicken
- Duck
- Lamb
- Liver-beef
- Pork
- Turkey
- Veal
- Hot dog
- Cold cuts
- Fried meats

Fish

- Bass
- Bluefish
- Carp
- Clam
- Codfish
- Crab
- Flounder
- Haddock
- Halibut
- Herring
- Lobster
- Mackerel
- Oyster
- Pike
- Perch
- Swordfish
- Salmon
- Sardine
- Scallop
- Shrimp
- Smelt
- Trout
- Tuna
- Whitefish

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Condiments & Spices

___ Allspice
___ Bay Leaf
___ Caraway seed
___ Cinnamon
___ Clove
___ Dill
___ Fenugreek
___ Ginger
___ Garlic
___ Ketchup
___ Licorice
___ Mace
___ Marjoram
___ Mayonnaise
___ Mint
___ Mustard
___ Nutmeg
___ Oils
___ Oregano
___ Paprika
___ Peppermint
___ Poppy Seed
___ Sage
___ Salad Dressings
___ Sesame Seed
___ Shortenings
___ Sunflower Seeds
___ Thyme
___ Vanilla
___ Vinegars
___ White Pepper
___ Dry Mustard

Beverages

___ Alcohol
___ Chocolate Drinks
___ Coffee- Regular
___ Coffee-Swiss
___ water process
___ DeCaf

___ Fruit Juices
___ Milk
___ Sodas
___ Spring Water
___ Tap Water
___ Tea
___ Seltzer
___ Pero, Postum,
___ Cafix, Bambu
___ Fresh squeezed
___ juices
___ Herbal teas
___ Pau D' Arco
___ Dacopa

Vegetables

___ Artichoke
___ Asparagus
___ Beet
___ Broccoli
___ Brussel Sprouts
___ Cabbage
___ Carrot
___ Cauliflower
___ Celery
___ Chick Peas
___ Corn
___ Cucumber
___ Eggplant
___ Endive
___ Garbanzos
___ Green Pepper
___ Kidney Beans
___ Kohlrabi
___ Leek
___ Lentil
___ Lettuce
___ Lima Beans

___ Mushrooms
___ Navy Beans
___ Olive
___ Onion
___ Parsley
___ Parsnip
___ Pea (Green)
___ Pimento
___ Potatoe-Sweet
___ Potatoe-White
___ Pumpkin
___ Radish
___ Red Pepper
___ Rhubarb
___ Soy Beans/Tofu
___ Spinach
___ Squash
___ String Beans
___ Tomato
___ Turnip

Miscellaneous

___ Baker's Yeast
___ Brewer's Yeast
___ Cake
___ Candy
___ Carob
___ Chewing Gum
___ Chocolate
___ Cookies
___ Gelatin
___ Honey
___ Maple Syrup
___ Sugar
___ Any other sweets