

Foods to Avoid

Beverages

Alcohol
Caffeine
Chocolate
Diet soda
Lemon-lime soda
Tea

Breads & cereal

Croutons
Doughnuts
Sour dough breads
Stuffing mixes (packaged)
with BHT, yeast extract

Diary

Aged cheese
Chocolate Milk
Skim Milk
Sour Cream
Yogurt

Watch Labels for:

Carrageenan
Cassinate

Fruits

Avocados
Bananas
Cantaloup
Figs
Grapefruits
Guava
Honeydew Melon
Kiwi

Lemons
Limes
Mango
Nectarines
Oranges
Papayas
Pineapples

Plums
Prunes
Raisins
Tangerines

Autolyzed yeast extract "Natural Flavors"
Hydrolyzed Protein

Meats

All cured, fermented,
pickled, processed,
smoked, aged
Aged/Canned Ham
Anchovies
Bologna
Corned Beef
Hot Dogs
Jerky
Packaged Meats

Pepperoni
Cold Cuts
Salami
Sausage
Tuna

Nuts

Caraway Seeds
Flax Seeds/Oil
Peanuts & Oil
All nuts
Peanut Butter
Poppy, Pumpkin,
Sesame seeds/Oil

Vegetables

Beets
Fava Beans
Garbonzo Beans
Italian Beans
Kidney Beans
Lentils
Lima Beans
Navy Beans

Onion
Pickles
Olives
Pea Pods
Pinto Beans
Pole Beans
Rhubarb

Sauerkraut

Smoke Flavoring
Modified Food Starch

Misc

Most
commercial
dressings
Licorice
All canned soups
Whey Protein
Maple Syrup
MSG
Nitrates
Pickled Foods
Sugar Substitutes *
Gelatin
Protein bars, supplements
Seasoned Salt
Tomato Sauce
Tenderizers
Soy Sauce
Wine Vinegar
Frozen/Packaged Meals

Soy Products