

Almonds, including	□ □ □ Capers	□□□Eggs
almond butter and oil	Carrots	☐☐☐Fish, fresh or frozen,
Apples	Cashew nuts, fresh only	canned in its juice or oil
Apricots, fresh or dried	Cauliflower	Game, fresh or frozen
Artichoke, French	Cayenne pepper	Garlic
Asiago cheese	Celeriac	Ghee, homemade (many
☐ ☐ ☐ Asparagus	Celery	store varieties contain non-allowed ingredients)
Avocados, including avocado oil	Cellulose in supplements	☐☐☐Gin, occasionally
Bananas (ripe only with	☐☐☐Cheddar cheese	☐☐☐Ginger root, fresh
brown spots on the skin)	☐☐☐Cherimoya (custard	☐☐☐Goose, fresh or frozen
Beans, dried white (navy),	apple or sharifa)	☐☐☐Gorgonzola cheese
string beans and lima beans	Cherries	☐☐☐Gouda cheese
properly prepared	Chicken, fresh or frozen	□□□Grapefruit
Beef, fresh or frozen	Cinnamon	Grapes
Beets or beetroot	☐☐☐Citric acid	☐☐☐Haricot beans,
Berries, all kinds	☐☐☐Coconut, fresh or dried	properly prepared
Black, white and	(shredded) without any additives	☐ ☐ Havarti cheese
red pepper: ground and pepper corns	☐☐☐Coconut milk	□ □ □ HazeInuts
Black radish	Coconut oil	☐ ☐ Herbal teas
□ □ □ Blue cheese	Coffee, weak and freshly made, not instant	Herbs, fresh or
□ □ □ Bok Choy		dried without additives
□ □ □ Brazil nuts	Collard greens	☐☐☐Honey, <i>natural</i>
Brick cheese	Colby cheese	Juices (freshly pressed
Brie cheese	Coriander, fresh or dried	from permitted fruit and vegetables)
Broccoli	Cucumber	□□□Kale
Brussels sprouts	Dates, fresh or dried	□□□Kiwi fruit
Butter	without any additives (not soaked in syrup)	
	Dill, fresh or dried	Kumquats
☐☐☐ Cabbage	Duck, fresh or frozen	Lamb, fresh or frozen
Camembert cheese	Edam cheese	Poultry, fresh or frozen
Canned fish in oil		Prunes, (dried without
or water only	Eggplant (Aubergine)	any additives or in their own juice)

Pumpkin	☐ ☐ ☐ Vinegar (cider or white);
Quail, fresh or frozen	make sure there is no allergy
Raisins	Vodka, very occasionally
Rhubarb	Walnuts
Roquefort cheese	Watercress
Romano cheese	☐ ☐ ☐ White navy beans, properly prepared
Satsumas	☐ ☐ ☐ Wine dry: red or white
Scotch, occasionally	Yogurt, homemade
Seaweed, fresh and dried (once Introduction Diet has been completed)	☐☐☐Zucchini (courgette)
Shellfish, fresh or frozen	NOTES
Spices, single and pure	
without any additives	
Spinach	
Squash (summer and	
winter)	
☐☐☐ Stilton cheese	
☐☐☐String beans	
Swedes	
Swiss cheese	
Tangerines	
Tea, weak, freshly made,	
not instant	
Tomato puree, pure	
without any additives apart from salt	
Tomato juice, without any additives apart from sea salt	
Tomatoes	
Turkey, fresh or frozen	
Turnips	
Ugly fruit	
Uncreamed cottage cheese (dry curd)	
cheese (ary cara)	