



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

