



FOODS TO AVOID

Beverages

Caffeine sources such as coffee,
tea herbal tea cola-type soda in excess of 2 servings per day.
No lemon-lime sodas (ie. 7-Up, Sprite & Slice).
No chocolate or cocoa.
Alcoholic beverages (especially wine or beer).
No diet drinks since all contain aspartame
(brand name Nutrasweet or Equal).

Meats

Aged, cured or processed meats
All lunch meats except MSG free turkey,
Chicken, and roast beef
Canned or aged ham
Anchovies
Caviar
Snails
Pickled herring
Salted dried fish
Liver
Junket
Aged game
Hot dogs
Fermented sausage
(No nitrates or nitrites)
Bologna
Salami
Corned beef
Pepperoni
Summer sausage
Any meat with tenderizer
Soy sauce, soy products or yeast extracts.

Dairy

Butter
Yogurt
Sour Cream
Chocolate milk
Aged cheeses (including: blue, boursault brick,
Brie, Camembert, Cheddar, Swiss, Gouda, feta,

Roquefort, Stilton, mozzarella, Parmesan provolone
and Romano)
Skimmed milk

Breads and Cereal

Doughnuts
Sour dough breads
Yeast extracts

Vegetables

Pole or broad beans (English bean pods and
Chinese pea pods).
Kidney beans
Lima beans
Pea pods (snow peas)
Fava beans
Garbanzo beans
Beets
Mushrooms
Rhubarb
Onions (except for flavoring)
Olives
Pickles
Sauerkraut

Fruits

Avocados
Dates
Bananas
Figs
Raisins
Mango
Kiwi
Papaya
Plums
Prunes
Oranges
Grapefruits
Tangerines
Pineapples
Lemons
Limes
Cantaloupe

Honeydew melon
Nectarines
Grapes
Any fruit juice from above fruits

Nuts & Seeds

Peanuts
Peanut butter
All nuts
Sunflower seeds
Sesame seeds
Pumpkin seeds

Sauces, Soups & Gravies

All canned and bottled soups and gravies
All bouillon soups and cubes
All bottled sauces that contain MSG or soy products
Worcestershire, soy and Terriyaki sauce

Desserts

Gelatin (Jello) and all products that contain gelatin
All desserts that contain chocolate, nuts or the fruits listed above
All desserts that contain aspartame
Licorice

Misc.

NO maple syrup, NO molasses
NO pizza cheese or tomato sauce with MSG
Soy sauce; yeast extracts, meat tenderizers, &
Seasoned salts.
NO packaged dishes or frozen dinners
NO pickled, preserved or marinated foods
NO commercial salad dressings
NO wine vinegar

Food Additives Which Contain Glutamate:

MSG
Hydrolyzed
Vegetable (HVP)
Natural flavoring (almost always)
Flavoring (almost always)
Kombu extract

Autolyzed yeast or yeast extract
Soy or soy products

Foods Which Usually Contain Large Amounts of MSG:

Frozen Food (especially lunch or dinner entres)
Diet Foods (including liquid diet drinks)
Weight loss prepared foods & weight loss powders
Canned and dry soups
Flavored potato chips and prepared meals
Cured and luncheon meats (i.e. salami, bologna, pepperoni)
Most bottled or canned sauces (i.e. tomato & barbecue)
Most salad dressings and mayonnaise
Protein drinks

NO Diet Drinks or Diet Foods

NO Aspartame

NO Nitrates

NO Nitrites

NO Health Drinks or Multivitamin

That contain soy or soy products

Foods Allowed

Cereals
Crackers
Cookies (no soy)
Old fashioned oatmeal
Cream of wheat
Oat bran
Rice cakes
Melba toast
Saltines
Vanilla wafers
Graham crackers
Animal crackers
Baby food cookies
Baby food pretzels
Tortilla corn chips
Rye crackers

Canned Seafood

Water packed tuna (rinsed)
Minced clams
Red salmon
Canned chicken

Beverages

Apple juice
Strawberry juice
Pear juice
Cranberry juice
Gingerale
Cola (regular and “caffeine free”)
Raspberry soda
Cream soda
Bottled water
Purified tap water
Vodka
Gin
Bourbon
Rum