

My NO list updated 4/5/2015

no Nuts, pumpkin seeds, sesame seeds

no Citrus, dried fruit

no Yeast, yeast extracts, brewers yeast

no home baked yeast bread, sourdough bread

no Red, apple or Balsamic vinegar

no Carob (this is a natural form of msg)

no MSG

no coffee, tea, cola drinks

Meat

Kelp, Seaweed, Shellfish, and other fish containing significant amount of lithium

Cured Ham, bologna, salami, pepperoni, corned beef and liverwurst, Italian Sausage

Pickled Berring and salted, dry fish; Lump Fish, Anchovies

Pork

Meat tenderizers

Marinated, pickled, aged, smoked fermented or marinated meats

Cold cuts containing nitrates, etc.

Frankfurters containing nitrates, etc.

Non-fresh meats or fish over 48 hours old

Protein extracts, meat extracts

Fruit

Avocados, Bananas, Green bananas & skins, Blackberries, Dried Coconuts (desiccated),

Cranberries, Grapefruit, Lemons, Limes, Red plums, Oranges, Raisins, Dates, Raspberries,

Red Cherries, Dried Apricots, (any dried fruit or dried with sulphates) Papayas, Pineapples

Vegies

Snow Peapods, Sugar Snap Peas, Italian Flat Beans (Romano), Broad Beans (Fava) and pods

Eggplant, Tomatoes, Chilli, Capsicum, Spinach in large amounts

Onions, Pickles, Pickled Olives (fresh ok)

Fermented Soy Products like Miso, Soy Sauce, Teriyaki Sauce, Fish Sauce, and Shrimp Sauce/paste

Tofu (all soy products), tempeh,

Sauerkraut and Kimchee

Pulses

Lentils, Lima Beans, Navy Beans, Soya Beans

All nuts: Brazil Nuts, Pecans, Pumpkin Seeds, Sesame Seeds, Walnuts, and Nut Butters

Dairy

Acidophilus Milk, Butter Milk, Aged cheese: Blue, Brick, Brie, Cheddar, Swiss, Roquefort,

Stilton, Mozzarella, Provolone, Emmentaler, sour cream, etc. Yogurt

Miscellaneous

Alcoholic beverages, beer, wine & apple cider

Vegemite, Marmite

Nutmeg

Ginseng

Mustard

Nitrates & nitrites (on food labels)

Aspartame (NutraSweet)

Saccharin (includes toothpaste and mouthwash)

Food preservatives, flavours, additives.

Don't eat any food after 48 hours. Always freeze if not going to eat the next day. Don't eat canned or dried food always eat fresh or frozen.