


FOOD GROUPS	SAFE	CAUTION	AVOID
VEGETABLES	alfalfa, bamboo shoots, bean shoots, bok choy, carrot, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini	celery	ancho chile, artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, cauliflower, chipotle chile, eggplant, fennel, garlic, green capsicum (bell pepper), leek, mushroom, okra, onion (all), shallots, spring onion, sweet corn
FRUIT	banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo	⊗	apple, apricot, avocado, blackberry, cherry, custard apple, longon, lychee, mango, nashi, nectarine, peach, pear, persimmon, plum, prune, watermelon, <i>tinned fruit in natural juice, concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</i>
LEGUMES	⊗	canned kidney beans, sprouted mung beans <i>(only in small quantities)</i>	baked beans, black beans, chickpeas, kidney beans, lentils, soy beans
NUTS & SEEDS	Almonds (10 nuts), Almond butter (1 Tbsp), Brazil nuts (10 nuts), Chia seeds (2 Tbsp), Flax seeds (1 Tbsp), Hazelnuts (10 nuts), Hemp seeds (2 Tbsp), Macadamia nuts (20 nuts), Peanuts (32), Pecan (10 halves), Pine nuts (1 Tbsp), Pumpkin seeds (2 Tbsp), Walnuts (10 halves)	Almond butter (>1 Tbsp)	Almonds (>10), Cashews, Pistachios
GRAINS	gluten-free bread or cereal products, 100% spelt bread, rice, oats, polenta, arrowroot, millet, psyllium, quinoa, sorghum, sprouted barley, tapioca	⊗	wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta
PROTEIN	Meat Poultry Fish and Seafood Eggs Bacon (without high-fructose corn syrup or fructose)	⊗	Any containing breading, gravies, stocks, broth, sauces or marinades prepared with unsafe ingredients (read the ingredient list!)



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DAIRY	<p>lactose-free milk*, oat milk*, rice milk*, soy milk*, hard cheeses, brie, camembert, yoghurt: lactose-free varieties, ice-cream substitutes, gelati, sorbet, butter substitutes, olive oil</p> <p><i>*check for additives</i></p>	<p>coconut milk</p> <p><i>(only in small quantities)</i></p>	<p>milk from cows, goats or sheep, custard, ice cream, yoghurt, soft unripened cheeses eg. cottage, cream, mascarpone, ricotta</p>
SWEETENERS	<p>glucose, artificial sweeteners not ending in '-ol', treacle</p>	<p>sugar (sucrose), golden syrup, maple syrup*, molasses</p> <p><i>(only in small quantities)</i></p>	<p>fructose, high fructose corn syrup, corn syrup, fruisana, sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)</p>
SEASONINGS AND OTHER	<p>basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme</p>		<p>chicory, dandelion, garlic, inulin, onion</p>

