

The Hypo-Allergenic Diet

The Hypo-Allergenic diet sheet does not take into account the fact you may be a celiac, or be sensitive to dietary salicylates, amines, colours, flavourings or preservatives. You will need to bear this in mind, and need to further consult with your naturopath on these matters. You may also have food intolerances, which also may need to be addressed. These can come about due to poor digestive enzyme levels, etc.

FOOD GROUPS	FOODS WHICH ARE OK 😊 <i>Foods which don't generally cause reactions</i>	FOODS SUSPECT OR NOT OK ☹️ <i>Foods which may well cause immune reactions</i>
Meat, Fish, Chicken, Legumes, Eggs	Chicken and turkey. All Legumes dried peas, lentils. Fish such as Salmon, sardines, trout, halibut, Mackerel, Terakihi, Snapper, Flounder, Cod, Gurnard, John Dory.	Red Meats, Lamb, Pork, Cold Cuts, Sausages, Corned Beef or Canned Meats, <u>Eggs (white & yolk)</u> or Egg substitutes. Delicatessen Meats in general.
Dairy Products	Milk Substitutes (<i>caution</i> with soy) Almond or nut milks, Rice milk. Stop all ice cream, including "soy" ice-cream.	Milk, Cheese, Cottage Cheese, Yoghurt, Ice Cream, Cream, Non-Dairy Cream. Approx.14% have soy allergies.
Starch	Kumara, Arrowroot, Tapioca, Rice, Buckwheat, Millet, Amaranth, Quinoa, All Gluten-Free products.	<u>All Gluten</u> containing products including Pasta, All <u>Corn</u> & Corn Containing Products.
Breads and Cereals	Any bread made from Rice, Quinoa, Amaranth, Buckwheat, Millet, Soy, Potato Flour, Tapioca, Arrowroot, All must be (certified)100% Gluten-free based products.	Any bread made from Wheat, Oats, Kamut, Spelt, Rye, Barley, even so-called 'Gluten-Free' containing Grains.
Vegetables	All Vegetables, preferably freshly grown, or frozen or freshly juiced.	Creamed or made with prohibited ingredients.
Fruits	Unsweetened fresh, frozen, freshly Juiced. Apples, pears, kiwifruit, most stone fruits are all ok.	Fruit drinks, Cocktails, Oranges, Banana, Pineapple , Strawberries, all dried fruits preserved with sulphites. (like the "glazed" apricots)
Soups	Clear, vegetable based broth, Homemade vegetarian.	Canned or Creamed soups. Avoid soups with glutinous Flours & Grains
Drinks	Freshly made or unsweetened fruit or vegetable juice, filtered or pure water, non-citrus fruit drinks, herbal teas.	Milk or milk-based drinks , dairy based products, alcoholic drinks, fizzy and "energy" drinks, and citrus drinks.
Oils and Fats	Cold pressed oils, preferably in dark amber bottles, best oils are linseed, olive, sesame, sunflower, walnut, pumpkin and grape seed oils.	Margarines, shortening/lard, butter, "vegetable oil" blends, coconut fat, salad dressings, spreads, deep-fried foods.
Nuts and Seeds	Almonds, brazil and hazelnuts, walnuts, pecans, pumpkin, sesame, sunflower, squash seeds, nut/seed butters made with allowed ingredients.	Peanuts , pistachios, cashew nuts, peanut butter, Nutella hazelnut spread (sugar)
Sweeteners & Treats	Brown rice syrup, fruit sweeteners. Xylitol or Stevia are acceptable, in very small amounts!	<u>White or brown sugar, caster, icing, Demerara, soft brown and all types of sugar, honey, molasses, maple & corn syrup, fructose, glucose, malt, dextrose.</u> Chocolate – definitely avoid. Please avoid lollies & sweets as well.