

Food Chemical List

- The FAILSAFE diet is an elimination diet to test for food chemical sensitivities (It's also commonly called the RPAH diet in Australia).
- The acronym stands for Free of Additives and Low in Salicylates, Amines and Flavour Enhancers. You can find additional information on our [website here](#).
- The main culprits to look out for are Salicylates (S), Biogenic Amines (A) and Glutamate (G).
- This list categorizes quantities of the above-mentioned food chemicals found in common foods, from low to very high.
- Implementing this diet protocol requires professional guidance from a specialist Dietitian. This is a service we provide which you can [learn more about here](#).

DAIRY FOODS

| LOW | MODERATE | HIGH | VERY HIGH |
|---|----------|------|--|
| <p><u>COW, GOAT OR SHEEP, FRESH PLAIN OR VANILLA FLAVOURED</u></p> <p>Milk full cream, low fat, skim, buttermilk, long life, UHT, sweetened condensed, evaporated, lactose-free, skim-milk powder.</p> <p>Kefir</p> <p>Yoghurt natural, Greek</p> | | | <p><u>FLAVOURED MILK</u></p> <p>A Banana</p> <p>A Chocolate</p> <p>S Strawberry</p> <p>AS Yoghurt flavoured with fruit</p> <p><u>TASTY CHEESES</u></p> |

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| <u>FRESH CHEESES</u> Cottage cheese Cream cheese Mascarpone Quark Ricotta Butter, Ghee Cream Ice cream Sour cream | <u>CHEESES</u> | <u>MILD CHEESES</u> | |
| | A Bocconcini | A Colby | AG Brie |
| | A Havarti | A Feta | AG Camembert |
| | A Mozzarella | A Halloumi | A Cheddar 'tasty' |
| | | A Mild Cheddar | AG Parmesan |
| | | A Swiss Cheese | AG Pecorino |
| | | | <u>FLAVOURED ICE CREAM</u> |
| | | | A Banana |
| | | | A Chocolate |
| | | | S Strawberry |

EGGS

| LOW | MODERATE | HIGH | VERY HIGH |
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| Eggs fresh, whole, chicken, duck | | | |
| Egg white mix frozen | | | |

LEGUMES (DRIED, CANNED OR FLOURS)

| LOW | MODERATE | HIGH | VERY HIGH |
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| <u>BEANS</u> | S Soya beans fresh (Edamame) | AG Quorn products unflavoured | SAG Baked beans canned in sauce |

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| <p>E.g. adzuki beans, black beans, black eye beans, borlotti beans, butter beans, cannellini beans, dew beans, haricot beans, lima beans, lupin, mat beans, matki, moth beans, mung beans, pinto bean, red kidney beans, dried soya beans*. Turkish gram, white beans</p> <p>3, 4 and 5 bean mixes unflavoured</p> <p>Chickpeas</p> <p>Chickpea flour</p> <p>Split peas green, yellow</p> <p>Lentils brown, chana, dal, green, red, urid dal</p> <p>Tofu* plain, unflavoured, silken, soft, firm</p> | | | <p>SAG Bean mixes with saucesbeans</p> <p>SA Broad beans</p> <p>SA Falafel</p> <p>SA Hummus commercial</p> <p>SAG Quorn products flavoured</p> <p>SAG Tempeh</p> <p>SAG Textured vegetable protein (TVP) plain, unflavoured</p> <p>SAG Tofu flavoured, smoked</p> |
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* If you are avoiding soy drink, you can still have plain, unflavoured tofu and soya beans.

NUTS AND SEEDS

| LOW | MODERATE | HIGH | VERY HIGH |
|--|---|---|--|
| <p>Cashew nuts raw, lightly roasted</p> <p>Poppy seeds</p> | <p>A Cashew nuts roasted, meal, paste, butter</p> | <p>SA ALL OTHER NUTS raw, lightly roasted, milks, oils; e.g. almond, brazil, hazelnut, macadamia,</p> | <p>SA ALL OTHER NUTS roasted, meals, pastes, butters; e.g. almond, brazil, chestnut, hazelnut,</p> |

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| | <p>SA Coconut water, juice</p> | <p>peanut, pecan, pine nut, pistachio, walnut</p> <p>SA Coconut fresh, cream, milk, yoghurt, oil</p> <p>SA Hemp milk</p> <p>SA SEEDS raw or toasted; e.g. acacia seeds, chia seeds black and white, egusi seeds, hemp seeds, linseeds, pumpkin seeds, sesame seeds and snacks, sunflower seeds, wattle seeds</p> | <p>macadamia, peanut, pecan, pine nut, pistachio, walnut</p> <p>SA Coconut dried, desiccated, flour</p> <p>SA Marzipan</p> <p>SA Nutella (hazelnut spread)</p> <p>SA SEEDS raw or toasted: e.g. coriander seeds, fennel seeds, mustard seeds, nigella seeds</p> <p>SA Tahini</p> |
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FRUITS

| LOW | MODERATE | HIGH | VERY HIGH |
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| <p>Pears fresh, ripe, soft and juicy, peeled thickly</p> <p>Pears canned in syrup soft pieces</p> | <p>S Apple Golden & red Delicious</p> <p>S Apple pears (Nashi, Asian pears)</p> <p>A Banana, Plantain just ripe</p> <p>S Pear juice homemade</p> | <p>S Pear juice commercial</p> <p>S Apples Bonza, Fuji, Gala, Jonathan, Granny Smith, Pink Lady, Sundowner</p> <p>SA Avocado just ripe</p> <p>A Banana, Sugar banana ripe</p> <p>SA Custard apple</p> | <p>SA Avocado very ripe</p> <p>SA Cherry</p> <p>SA Dates fresh</p> <p>SAG Grape</p> <p>SA Kiwifruit</p> <p>SA Passionfruit</p> <p>SA Pineapple</p> |

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| | <p>S Pear fresh with peel, unripe, canned in juice, drained</p> <p>S Pear dried with peel (may contain sulphites and sorbates)</p> | <p>S Dragon fruit</p> <p>SA Feijoa</p> <p>SA Fig fresh</p> <p>S Guava</p> <p>SA Jackfruit</p> <p>S Longan</p> <p>S Loquat</p> <p>S Lychee</p> <p>SA Mango</p> <p>S Mangosteen</p> <p>SAG Tomato fresh</p> <p>A Pawpaw</p> <p>S Persimmon</p> <p>S Pomegranate</p> <p>S Quince</p> <p>S Rambutan</p> <p>S Rhubarb</p> <p>BERRIES</p> <p>SA Blueberries, Mulberry</p> <p>MELONS</p> | <p>SAG Plum</p> <p>S Quandong</p> <p>SAG Rosella flower</p> <p>S Startfruit</p> <p>S Tamarillo</p> <p>SA Tamarind</p> <p>SAG Tomato canned, dried, juice, puree, paste, sauce</p> <p>BERRIES</p> <p>SA Acai berry, Blackberry, Blueberry, Boysenberry, Cranberry, Goji berries, Raspberry</p> <p>S Strawberry</p> <p>CITRUS FRUIT</p> <p>SA Clementine, Cumquat, Grapefruit, Lemon, Lime, Mandarin, Orange, Pomelo, Tangelo, Tangerine, Tangor</p> <p>CURRENTS</p> <p>SA Blackcurrant, Redcurrant</p> <p>DRIED FRUIT</p> |
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| | | <p>S Honeydew, Rockmelon, Watermelon</p> <p>STONE FRUIT fresh</p> <p>S Apricot, Nectarine, Peach</p> | <p>(may contain sulphites and sorbates)</p> <p>S Apple, Apricot, Banana, Paw paw, Peach</p> <p>SA Cranberry, Currants, Dates, Figs, Mango, Pineapple</p> <p>SAG Prunes, Raisins, Sultanas, Tomato</p> |
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CONDIMENTS AND BAKING AIDS

| LOW | MODERATE | HIGH | VERY HIGH |
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| <p>FLAVOURS</p> <p>Ascorbic acid</p> <p>Carob powder and pods</p> <p>Citric acid (330)</p> <p>Garlic small amounts only</p> <p>Salt iodised, rock, sea, table</p> <p>Tartaric acid</p> <p>Vanilla natural essence and bean</p> | <p>SAG Bakers yeast fresh, dried</p> <p>A Lecithin (egg, lupin, soy) in large amounts. e.g. supplements</p> <p>A Malt Vinegar</p> | <p>SAG Brewers yeast</p> <p>SA Coconut cream, milk</p> <p>SG Corn flour</p> <p>S Food Colours natural, concentrated</p> <p>S Gravy homemade</p> <p>S Parsley large amounts</p> <p>SG Polenta</p> | <p>SAG Chicken salt</p> <p>SAG Fermented products all</p> <p>SAG Flavouring essences, syrups</p> <p>SAG Stock cubes, liquid, powder, bone broth</p> <p>S HERBS all, fresh, dried, e.g. basil, chilli, coriander, curry leaves, ginger, lemongrass, lime</p> |

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| <p> pods, in small amounts.</p> <p><u>GARNISHES</u></p> <p>Chives, Garlic chives</p> <p>Parsley pinch only</p> <p>Poppy seeds</p> <p>Saffron threads</p> <p>Shallots</p> <p><u>BAKING AIDS</u></p> <p>Arrowroot tapioca</p> <p>Bakers yeast baked in bread</p> <p>Baking powder</p> <p>Bicarbonate of soda</p> <p>Cornflour</p> <p>Cream of tartar</p> <p>Gums: Guar, Xantham</p> <p>Lecithin (322) (egg, lupin soy) in products as an antioxidant or emulsifier</p> <p><u>SETTING AGENTS</u></p> <p>Agar-agar (plant-based source)</p> <p>Gelatin leaf, powder (animal source)</p> | | <p>S Spring onions</p> | <p>leaves, mint, oregano, peppermint, rosemary, sage, tarragon, thyme</p> <p>S SPICES all, fresh, dried, e.g. allspice, asafoetida powder, cardamon, cinnamon, cloves, coriander, cumin, curry powder, fennel, fenugreek, ginger, mustard, nutmeg, paprika, pepper, star anise, turmeric</p> <p><u>PASTES AND PUREES</u></p> <p>SA Curry paste, Tandoori mix</p> <p>SAG Fish, shrimp and meat pastes and pates</p> <p>S Horseradish, Quince paste, Tamarind paste, Wasabi,</p> <p>SAG Tomato paste and puree</p> <p><u>SAUCES</u></p> <p>AG Fish sauce, Miso, Oyster sauce, Soy sauce, Tamari</p> |
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| | | | <p>SAG Gravy commercial, Mustard, Pesto, Sweet and Sour, Tabasco, Teriyaki</p> <p>SAG Tomato, BBQ</p> <p>SAG Worcestershire</p> <p><u>SPREADS AND DIPS</u></p> <p>S Capers</p> <p>SAG Chutney, dips, pickles, relish</p> <p>SAG Meat and yeast extracts e.g. Marmite, Mighty Might, Promite, Vegemite</p> <p><u>VINEGARS</u></p> <p>SA Apple cider, Red wine, White wine</p> <p>SAG Balsamic</p> <p>A Rice wine vinegar</p> |
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FATS AND OILS

| LOW | MODERATE | HIGH | VERY HIGH |
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| Canola oil | S Corn oil | SA Coconut oil | SA All oils infused, flavoured |

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| Cottonseed oil | A Lard | SA Copha | SA Almond oil |
| Palm oil | S Olive oil light, extra, mild, mellow, delicate | SA Olive oil pure, classic, traditional | SA Avocado oil |
| Rice bran oil | S Vegetable oil | SA Peanut oil | SA Extra virgin olive oil classic, fruity, robust, cold-pressed |
| Safflower oil | S Margarines made from above oil | A Suet | SA Grape seed oil |
| Soy oil* | | Oils and margarines may contain antioxidants, sobates and/or colours. | S Linseed oil |
| Sunflower oil | | | SA Mustard seed oil |
| Margarines made from above oils | | | SA Sesame oil |
| | | | SA Walnut oil |
| | | | SA Margarines made from above oil |
| | | | SA Mayonnaise commercial |
| | | | SAG Salad dressings commercial |

*If you are avoiding soy drink, you can still have tofu and soya beans.

Margarines and oils may be preserved to stop them going rancid. Cold-pressed oils are not preserved, but retain some of the natural chemical content of the fruit or seed of origin. Oils (e.g. peanut, nut and sesame) may contain traces of allergen.

SUGARS AND SYRUPS

| LOW | MODERATE | HIGH | VERY HIGH |
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| Sugar white, brown, caster, pure icing | SA Coconut sugar | SA Coconut treacle | A Chocolate syrups |

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| <p>Caramel syrup</p> <p>Golden syrup</p> <p>Liquid glucose</p> <p>Maple syrup pure, flavoured</p> <p>Rice syrup</p> <p>Syrups may contain sulphites and/or other preservatives.</p> | <p>A Malt, Malt extract</p> <p>SA Palm sugar</p> | <p>S Jaggery</p> <p>S Molasses, Treacle</p> <p>S Raw sugar</p> | <p>SA Fruit syrups</p> <p>S Honey</p> |
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GLUTEN-CONTAINING CEREALS, GRAINS AND FLOURS

| LOW | MODERATE | HIGH | VERY HIGH |
|---|--|--|--|
| <p>When varieties eg. Spelt, Durum, Kamut/Khorasan, Einkorn, Emmer</p> <p>Wheat derivatives bulghur, Semolina, freekeh, freekeh, kibbled wheat, wheat germ, couscous</p> <p>Starch wheat, wheaten cornflour</p> <p>Gluten meat (Seitan) unflavored</p> <p>Rye pumpernickle</p> <p>Triticale</p> <p>Barley malt</p> | <p>SG Breakfast cereals, muesli, pasta and noodles containing some added corn; made with LOW or MODERATE ingredients</p> <p>A Bread sourdough</p> <p>SG Bread, and bread and pancake mixes without vinegar, corn, honey or seeds</p> <p>SAG Biscuits, cakes, muesli bars and pastry mixes made with LOW or</p> | <p>SG Breakfast cereals and muesli containing corn and/or cornflakes</p> <p>SG Bread, and bread and pancake mixes containing vinegar and corn without honey or seeds</p> <p>SAG Pasta and noodles with fillings made with HIGH ingredients</p> <p>SAG Biscuits, cakes, muesli bars and pastries containing</p> | <p>SAG Breakfast cereals and muesli containing cocoa, coconut, dried fruit, honey and/or nuts</p> <p>SAG Bread, and bread and pancake mixes containing dried fruit, nuts, coconut, vinegar, corn, honey and/or seeds</p> <p>SAG Pasta and noodles flavoured, canned in tomato sauce</p> |

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| <p>Oats, Oat Milk</p> <p>Homemade or commercial products, using ALLOWED ingredients, grains, flours and mixes without corn e.g. brans, crumbs, flours, flakes, puffed grains, breakfast cereals, porridge, muesli, pancakes, breads, wraps, pizza bases, scones, crumpets, pasta, noodles, crackers, chips, cakes, muffins, biscuits and pastries.</p> | <p>MODERATE ingredients</p> | <p>fresh coconut, sesame seeds</p> | <p>SAG Gluten Meat (seitan) flavoured</p> <p>SAG Biscuits, cakes, pastries and muesli bars containing chocolate coconut, fruit, nuts, jam, and/or spices</p> |
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VEGETABLES

| LOW | MODERATE | HIGH | VERY HIGH |
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| <p>Beans green, yellow, string or snake</p> <p>Brussel sprouts</p> <p>Cabbage green, red, savoy, Chinese cabbage</p> <p>Celery</p> <p>Chives, Garlic chives</p> <p>Choko</p> <p>Garlic small amounts only</p> | <p>S Asparagus</p> <p>S Beetroot</p> <p>S Bok choy</p> <p>S Carrot</p> <p>S Cassava (Manioc)</p> <p>S Celeriac</p> <p>S Cucumber peeled</p> <p>S Edamame</p> | <p>S Alfalfa</p> <p>S Artichoke Jerusalem</p> <p>SA Avocado just ripe</p> <p>SAG Broccoli, Broccolini</p> <p>S Cauliflower</p> <p>SAG Chinese broccoli (Gai lan)</p> | <p>SA Avocado very ripe</p> <p>S Basil</p> <p>SAG Beetroot greens</p> <p>S Bitter melon, Karela</p> <p>SA Broad beans</p> <p>S Capsicum (Pepper) green, red, yellow</p> <p>S Chicory</p> |

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| Leek | S Hairy melon | G Corn | S Chilli red, green |
| Lentil sprouts | S Kohirabi | S Cucumber with peel | SA Choy sum |
| Lettuce iceberg only | S Kumara | S Daikon | S Chrysanthemum greens |
| Parsley sprinkle, pinch only | S Lettuce all other than iceber (e.g. cos, red, green, coral, oak mignonette) | S Endive | SAG Collard greens |
| Potato white, peeled | S Marrow | S Fennel | SA Eggplant (Aubergine) |
| Shallot | S Parsnip | S Jicama | S Ginger, Galangal |
| Shoots, bamboo | G Peas green | S Kale, Kalettes | S Herbs and spices fresh and dried |
| Shoots, bean lentil, mung bean | S Potato all other than white (e.g. new, desiree, red, blue, purple, yellow) | S Lotus root | SAG Kimchi |
| Swede | S Pumpkin butternut | S Luffa | S Mint |
| | S Snow peas | S Okra | SAG Mushroom all types |
| | S Spaghetti squash | S Parsley large amounts | S Mustard greens (Gai choy) |
| | S Squash | S Pumpkin grey, jap, kent | SA Olives |
| | S Sugar snap peas | SA Radicchio | S Onions |
| | S Sweet potato white, yellow, purple | S Radish | SAG Portulaca |
| | S Taro | SA Rocket | SAG Sauerkraut |
| | S Turnip | S Snow pea sprouts | SAG Seaweed (Nori) |
| | S Winter melon | S Spring onions | SAG Silverbeet, Swiss chard |
| | | SAG Tomato fresh | |
| | | S Water chestnut | |
| | | S Watercress | |

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| | <p>S Yam</p> <p>S Zucchini (courgette) peeled</p> | <p>S Zucchini (Courgette) with peel</p> | <p>SAG Spinach baby, English, Chinese (Kangkong)</p> <p>SAG Tomato canned, dried, juice, puree, paste, sauce.</p> <p>SAG Truffles</p> <p>SAG Vegetable juice, stock soup</p> <p>SAG Vineleaf</p> <p>S Wasabi</p> <p>S Witlof</p> <p><u>PICKLED VEGETABLES</u></p> <p>SAG Cucumber (gherkin, pickles), Olives, Pickled onions</p> |
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Shallots & Spring Onions

- The long, thin, straight bulb referred to in this book as a shallot is known in the UK as a spring onion. It's natural chemical content is LOW.
- The fatter, more mature, bulb referred to in this book as a spring onion is known in the UK as a large bulb salad onion. Its natural salicylate content is HIGH.
- The small onion-shaped bulb that grows in clusters with a common root end is called a FRENCH shallot. It's natural salicylate content is VERY HIGH.
- A red Asian shallot is similar to a French shallot but has pink skin. Its natural salicylate content is VERY HIGH.

MEAT AND POULTRY (FRESH AND UNPROCESSED)

| LOW | MODERATE | HIGH | VERY HIGH |
|---|---|---|--|
| <p>Beef fresh, not aged</p> <p>Goat</p> <p>Lamb</p> <p>Rabbit</p> <p>Veal</p> <p>Chicken without skin or stuffing</p> <p>Quail</p> <p>Squab (young pigeon)</p> <p>Sausages made from ALLOWED ingredients</p> | <p>A Chicken with skin</p> <p>SAG Chicken nuggets</p> <p>A Duck no skin</p> <p>A Pigeon</p> | <p>A Buffalo</p> <p>A Camel</p> <p>A Chicken skin</p> <p>A Crocodile</p> <p>A Duck with skin</p> <p>A Emu</p> <p>A Gravy homemade with meat or chicken juice</p> <p>A Kangaroo</p> <p>A Ostrich</p> <p>A Oxtail</p> <p>A Pork</p> <p>A Turkey</p> <p>A Venison</p> | <p>A Aged meats</p> <p>A Bacon, ham (may contain preservatives including nitrites)</p> <p>SAG Bone broth</p> <p>A Dripping</p> <p>SAG Gravy commercial</p> <p>A Liver beef, chicken, duck, lamb</p> <p>SAG Meat pastes and pates</p> <p>SAG Meat pies</p> <p>A Offal brain, kidney, liver, tripe</p> <p>SAG Processed meat products corned, devon, dried, honey, jerky, nuggets, salami, sasoned, smoked</p> <p>SAG Sausages</p> <p>SAG Stock meat, chicken</p> <p>A Tongue</p> |

SEAFOOD (FRESH AND UNPROCESSED)

| LOW | MODERATE | HIGH | VERY HIGH |
|--|---|---|---|
| Balmain bugs Calamari Clam Crab Crayfish Lobster Mussels Oysters Sea scallops Sea urchin Frozen fish can be used if very fresh and/or there is a long use-by date. WHITE FISH fresh barramundi, bream, flake (shark), flathead, ling, mackerel, perch, snapper, whiting. | A Eel A Salmon fresh A Sardines fresh A Sashimi A Trout fresh A Tuna fresh | A Crab canned SA Fish cakes A Fish fingers and nuggets A Salmon canned A Sardines canned | A Anchovies A Caviar A Fish and seafood products dried, pickled, salted, smoked. SAG Fish paste and marinades SAG Fish sauce A Prawns A Salmon smoked SAG Stock fish A Surimi (mock crab meat) A Tuna canned |

Fresh meats, poultry, seafoods, eggs, dairy and soy are all low in natural chemicals. However, amines and glutamate form as a result of protein breakdown during cooking and the ageing process. Eat fresh products, or freeze and consume within 4 weeks.

JAMS AND CHUTNEYS

| LOW | MODERATE | HIGH | VERY HIGH |
|--|-------------------------------------|-----------------------------|---|
| <p>Pear jam and chutney homemade from ALLOWED ingredients</p> | <p>S Pear jam commercial</p> | <p>S Apple jelly</p> | <p>A Chocolate spreads e.g. Nutella</p> <p>SA Nut spreads e.g. Nutella, Nutino, peanut butter</p> <p>FRUIT JAMS, CONSERVES, SPREADS, SYRUPS, JELLIES</p> <p>S Apricot, Strawberry</p> <p>SA Berries</p> <p>SAG Grape</p> <p>SA Lemon butter</p> <p>SA Marmalade</p> |

CONFECTIONERY

| LOW | MODERATE | HIGH | VERY HIGH |
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| <p>Caramels</p> <p>Carob powder and pods</p> <p>Honeycomb</p> | <p>S White jelly beans</p> | <p>A Chocolate white</p> | <p>SA Butter menthol, Cough lollies, Lozenges</p> <p>A Cacao powder</p> |

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| <p>Marshmallows white</p> <p>Meringues</p> <p>Toffee</p> <p>Above made from Allowed ingredients</p> | | | <p>S Chocolate</p> <p>A Cocoa powder</p> <p>SA Coloured sweets</p> <p>S Crystalised ginger</p> <p>S Liquorice</p> <p>S Mint-flavoured sweets</p> <p>S Peppermints</p> <p>S Turkish delight</p> <p><u>FRUIT-FLAVOURED SWEETS</u></p> <p>S Apricot, Strawberry</p> <p>SA Berries</p> <p>SAG Grape</p> |
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DRINKS AND MILK ALTERNATIVES

| LOW | MODERATE | HIGH | VERY HIGH |
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| <p>Water plain, tap, purified, soda, mineral, sparkling</p> <p>Rice drink calcium-enriched plain, vanilla, carob</p> | <p>S Tonic water</p> <p>SA Coconut water, juice</p> | <p>SA Almond milk</p> <p>SA Coconut cream, milk</p> <p>SA Hemp milk</p> | <p>SAG Flavoured mineral/sparkling waters*</p> <p>S Tea black, chai, fennel, green, herbal,</p> |

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| <p>Decaffeinated coffee Instant, ground</p> <p>Pear drink homemade</p> <p>Gin plain Vodka plain Whisky plain</p> | <p>S Barley tea homemade</p> <p>S Brown rice tea</p> <p>S Buckwheat tea</p> <p>S Coffee and tea substitutes cereal beverages e.g. Caro, dandelion</p> <p>A Malted milk powder</p> <p>SA Lemonade sparkling, clear and unpreserved</p> <p>S Pear juice</p> | <p>S Tea decaffeinated</p> <p>S Barley tea commercial</p> <p>S Camomile tea</p> <p>S Chicory coffee</p> <p>S Coffee instant, ground</p> <p>A Protein shakes unflavoured</p> <p>A Rice protein powder</p> <p>S Pear juice commercial</p> <p>SA Gin flavoured</p> <p>A Mirin</p> <p>SA Vodka flavoured</p> <p>SA Whisky flavoured</p> | <p>matcha, oolong, peppermint, white</p> <p>SAG Kombucha</p> <p>A Cacao powder</p> <p>A Chocolate-flavoured drinks and syrups</p> <p>A Cocoa powder, Drinking chocolate</p> <p>A Milo</p> <p>SAG Fruit juice, drinks and cordials*</p> <p>SA Soft drinks all e.g. cola drinks ginger beer</p> <p>SAG Vegetable juices*</p> <p>SA Beer</p> <p>SA Bitters</p> <p>SA Cider</p> <p>SAG Pre-mixed drinks, Alcopopos*</p> <p>SAG Spirits and liqueurs*</p> <p>SAG Wine red, white, rose, champagne, still, sparkling, port,</p> |
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| | | | sherry, sweet and sticky |
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SOY FOODS

| LOW | MODERATE | HIGH | VERY HIGH |
|---|--|---------------------------------|--|
| <p><u>FRESH, NO ADDED FLAVOUR</u></p> <p>Soy drink full fat, low fat</p> <p>Soy cream cheese</p> <p>Soy/tofu ice-cream</p> <p>Tofu plain, unflavoured, silken, soft, firm</p> <p>Soya beans dried</p> | <p>S Soya beans fresh (Edamame)</p> | <p>A Soy cheese hard</p> | <p><u>FLAVOURED SOY DRINK</u></p> <p>A Banana</p> <p>A Chocolate</p> <p>S Strawberry</p> <p>SA Soy yoghurt flavoured e.g. fruit</p> <p><u>FLAVOURED SOY ICE CREAMS</u></p> <p>A Banana</p> <p>A Chocolate</p> <p>S Strawberry</p> <p>AG Soy sauce, Miso, Tamari</p> <p>AG Tempeh</p> <p>SAG Textured vegetable protein (TVP) plain, flavoured</p> <p>SAG Tofu flavoured, smoked</p> |

GLUTEN-FREE CEREALS, GRAINS AND FLOURS

| LOW | MODERATE | HIGH | VERY HIGH |
|--|---|--|--|
| <p>Rice white, brown, short, medium, long grain, arborio</p> <p>Baby rice cereal no rosemary, no corn, no fruit or fruit juice</p> <p>Amaranth</p> <p>Arrowroot</p> <p>Buckwheat</p> <p>Konjac</p> <p>Millet</p> <p>Psyllium husk</p> <p>Quinoa</p> <p>Sago</p> <p>Sorghum</p> <p>Tapioca</p> <p>Teff</p> <p>Cornflour</p> <p>Potato flour</p> <p>Legume flours chickpea, lupin, red lentil</p> <p>Homemade or commercial products, using</p> | <p>S Rice basmati, jasmine, wild, black</p> <p>SA Sushi rice made with vinegar</p> <p>SG Rice pasta containing corn</p> <p>A Sourdough bread</p> <p>SAG Bread and pancake gluten-free mixes containing some added corn</p> <p>SG Biscuits, cakes, muesli bars and pastries, gluten-free mixes containing some added corn, made with LOW or MODERATE ingredients</p> | <p>SG Corn and corn-based products e.g. corn meal, corn flour, polenta, popcorn, corn thins, corn bread, corn pasta</p> <p>SAG Rice cakes containing corn, sesame, sunflower seeds</p> <p>SAG Breakfast cereals and muesli containing corn and/or cornflakes</p> <p>SAG Biscuits, cakes, muesli and bars and pastries containing fresh coconut, corn</p> <p>Packaged snack foods often contain preservatives such as antioxidants. 'Natural flavours' are usually high in salicylates, amines and/or glutamate. Check all labels carefully.</p> | <p>S Baby rice cereal commercial with natural or added antioxidants. E.g. rosemary</p> <p>SAG Breakfast cereals and muesli containing cocoa, coconut, dried fruit, nuts, seeds, coconut and/or vinegar</p> <p>SAG Muesli commercial</p> <p>SAG Bread containing herbs, spices, olives, sundried tomato, dried fruit, honey, nuts and/or seeds</p> <p>SAG Pasta and noodles flavoured, canned in tomato sauce</p> <p>SAG Biscuits, cakes, pastries and muesli bars containing chocolate, coconut, fruit, nuts, jam and/or spices</p> <p>SAG Flavoured snack foods containing fruit, nuts, honey, cheese,</p> |

| | | | |
|--|--|--|--|
| <p>ALLOWED ingredients, gluten-free grains, flours and mixes without corn e.g. brans, crumbs, flakes, flours, puffed grains, breakfast cereals, porridge, muesli, pancakes, breads, wraps, pizza bases, scones, crumpets, pasta, noodles, crackers, chips, cakes, muffins, biscuits and pastries.</p> | | | <p>soy sauce, herbs and/or spices</p> <p>SG Corn chips unflavoured</p> <p>SAG Corn chips flavoured</p> <p>SAG Rice crackers flavoured</p> |
|--|--|--|--|

Note: Maize is the original name for corn, and the two terms can be used interchangeably on food labels. While all corn/maize ingredients are gluten-free, they are not all free of natural salicylate and glutamate. Whole-ground flours from corn (corn flour or maize flour, polenta and grits) will contain natural salicylate and glutamate. Cornstarch or cornflour made from corn/maize is highly refined and free of natural salicylate and glutamate.

Remember, implementing this diet protocol requires professional guidance from a specialist Dietitian. This is a service we provide which you can [learn more about here](#).

