prepared by Namaste Consulting, Inc.

# Allowed Foods

## Beverages

Apple Juice
Cola
Cranberry Juice
Cream Soda
Gingerale
Pear Juice

## Breads & cereal

All rices
Macaroni
Barley
Oatmeal

Melba Toast
Saltines
Vanilla Wafers
Corn Chips (not flavored)
Pretzels (not flavored)
Potato Chips (not flavored)
Bagels
White & Wheat bread
Pita
English muffins
Italian Bread

## Fruits

Apples
Strawberries
Cherrie
Blueberries
Apricots
Peaches
Pears
Watermelon
Raspberries
Coconut
Cranberries

## Diary

Milk
Heavy Cream
Amerian Cheese
Farmer's Cheese
Cottage Cheese
Cream Cheese
Ricotta
Butter
Eggs
Fresh Mozarella

## Meats

Red Meat
Crab
Scallops
Clams
Turkey
Chicken
Veal
Fish
Lobster
Pork chop, loin, roast

## Misc

Tuna packed in oil or water only
Pinto Beans
Navy Beans
Minced Clams
Pop Corn
Butterscotch Chips
Vanilla Chips
Some cake mixes

## Vegetables

Green Chiles*
Jalapenos*
Tomatoes*
Carrots*
Corn*
Garlic
Potatoes
Sweet Potatoes
Cucumbers
Brussel Sprouts
Carrots
Pumpkin
Summer Squash
Corn
Zucchini
Lettuce
Radishes
Green Beans
Celery
Peppers
Broccoli
Cabbage
Spinach
Asparagus
Eggplant

## Spices & Condiments

Catsup
Chili Sauce
Cranberry Sauce
Mustard
Jam
Cocktail Sauce
Vinegar*
Allspice
Dried Basil
Chili Powder
Cloves
Cinnamon
Cumin
Curry
Ginger
Garlic Salt
Pepper
Paprika
Parsley
Rosemary
Sage
Thyme
Vanilla Extract
Brown Sugar/Sugar
Honey
Olive/Canola Oil

*Remember blog post… look at labels. Don't eat processed
Don't eat flavored stuff. Read Labels (yes, I put that twice)

Information from Various Sources, including Out of Print Book Gotta Headache? by Carol A Foster, MD