

Please tick off foods you are comfortable eating and put a cross next to foods you are unlikely to eat or even try eat. Please put an A next to anything you are diagnosed as allergic to.

You can comment alongside a food if its preparation can out you off the food such as salmon – can eat it cooked but not smoked ect.

Eggs	Kidney beans	Onion	
Milk	lentils	Mushroom	
Dairy free milks	Chickpeas	Garlic	
Cheddar cheese	Butterbeans	Ginger	
Cottage cheese	Sprouted beans	Spinach	
Goats cheese		Kale	
Mozzarella	Sweet potatoe	Cabbage raw	
Parmesan	butternut	Cabbage cooked	

rocket	Spelt pasta	Dairy cream	
Peppers	Wholegrain rice	Full fat yoghurt	
Courgette	Wild black rice		
Green beans		Honey	
Corn	Tomatoes	Dates	
carrots	Chilli	Walnuts	
Wholewheat pasta	Coconut flakes	cinnamon	
Wholewheat breads	Coconut cream	cashews	

Pistachio nuts	Sunflower seeds	raspberries	
Brazil nuts	Pumpkin seeds	Blueberries	
Almonds	Chia seeds	Oranges	
Peanuts	avocado	Pomegranate	
	Spices	Mango	
celery	Coconut oil	Banana	
leeks	Butter	Apple	
Parsnip/ turnip	Olive oil		

Lamb	Pork mince	
Lamb chops	Bacon /rashers	
Beef pieces/ roast	Sausages	
Beef mince	Chicken	
Turkey roast	Tuna	
Turkey steaks	Salmon smoked	
Turkey mince	Cooked salmon	
Turkey rashers	Tin salmon	
Ham	Prawns	
Pork chops	Cod	
Salads	mackerel	
Soups	Shell fish	
Pickled foods	Other fish	

Do you own a food processor/blender?

Smoothie maker/juicer?

Slow cooker?

Measuring scales for food?



Nutritional Therapy

Adapted for use by
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