

# SAFE FOODS

## Meat, fish and eggs

Chicken  
Turkey  
Eggs

Fish  
Prawns  
Salmon

Tuna  
Tofu

## Dairy

Lacto-free milk  
Almond milk  
Soya milk  
Coconut milk

Butter  
Cheddar  
Feta  
Brie

Goat's cheese  
Mozzarella  
Swiss cheese  
Parmesan

## Vegetables

Carrot  
Bean sprouts  
Green beans  
Beetroot  
Pak choi  
Celery  
Celeriac  
Chives

Spring onion (green part)  
Sweetcorn  
Courgette  
Cucumber  
Fennel  
Ginger  
Lettuce  
Rocket (arugula)

Peas  
Potatoes (without skin)  
Spinach  
Sweet potato  
Butternut squash  
Swiss chard  
Water chestnuts

## Fruit

Avocado  
Banana  
Blueberries  
Orange  
Satsuma/clementine

Lemon  
Lime  
Grapes  
Kiwi  
Melon

Pineapple  
Pomegranate seeds  
Raspberries  
Strawberries  
Rhubarb

## Nuts and seeds

Almonds (ground almonds)  
Walnuts  
Hazelnuts  
Macadamia nuts

Peanuts  
Pecans  
Pine nuts  
Chia seeds

Pumpkin seeds  
Sesame seeds  
Sunflower seeds

## Grains and cereals

Oats  
Rice  
Buckwheat

Cornflour (cornstarch)  
Oatbran  
Polenta

Quinoa

## Fats and oils

Mild olive oil

Olive oil

Extra-virgin olive oil

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## Confectionary and sugar

Dark chocolate  
Honey

White sugar  
Brown sugar

Maple Syrup

## Herbs and spices

Basil  
Chives  
Coriander (cilantro)  
Ginger  
Parsley

Rosemary  
Tarragon  
Thyme  
Cinnamon  
Cumin

Five Spice  
Star anise  
Turmeric  
Asafoetida

## Herbs and spices

Mustard  
Wheat-free soy sauce  
Maple syrup

Balsamic vinegar  
Apple cider vinegar  
Peanut butter

Mirin  
Worcestershire sauce  
Fish sauce