

Appears 2 times

Appears 3 times

Appears +4 times

	FOODMAP	NIGHTSHADES	KETOGENIC	OXALIC ACID	TAMASIC FOOD	FOOD ALLERGIE	GASSY FOOD
VEGETABLE	Garlic Onions Asparagus Mange tout Mushrooms Green peas Spring onions Cauliflower Cabbage savoy	Chili pepper Pimiento Eggplant Potato Tomato Cayenne pepper	Potato Squash Sweet potatoes Corn Yams Artichoke Green peas Rutabaga Beetroot Onions Parsnips	Beetroot Spinach Sweet potato Sweet chards Rhubarb	Garlic Onions Mushrooms Canola Tomato Eggplant Pimiento Chili pepper Cayenne pepper	Celery	Brussels sprouts Broccoli Asparagus Cauliflower Celery Green peas Sweet potatoes Onions Artichokes
FRUITS	Watermelon Plums Raisins Sultanas Apple Apricot Avocado Bananas, ripe Blackberries Grapefruit Mango Peaches Pears	Ground cherry	Mango Peaches Dried fruits Pears Grapes Tangerines Oranges Pineapples Bananas Apple	Berries Cranberries Oranges	Over-ripe fruits		Pears Plums Apple Apricot Prunes Watermelon
LEGUMES	Black beans Kidney beans Lima beans Black-eyed peas Soy beans		Quinoa Soy beans All beans	Soy beans	Canned legumes	Soy beans	Black beans Lima beans Kidney beans Soy beans Black-eyed peas
NUTS	Pistachio Cashews		Pistachio Cashew	Almond Brazil nuts Pine nuts Cashew	Old nuts	Macadamia nuts Walnuts Peanuts Almond Hazelnuts	All nuts
CEREALS AND SEEDS	Wheat foods Rye Barley Spelt		Rye Buckwheat Oats Wheat Rice Barley	Buckwheat Wheat Sesame seeds	Refined cereals Refined grains Old seeds	Wheat Barley Oat Sesame seeds	Rye Wheat Barley Flaxseed