

Reduce your Total Body Load of Food Chemicals (Artificial and Natural)

These are plain foods, generally safe for most people with food intolerances.

Fruit – pears, golden and red delicious apples, rhubarb, bananas and mangoes are safer than grapes, sultanas, oranges, kiwifruit, strawberries, and blueberries for kids with major problems.

Vegetables – potatoes, cabbage, green beans, lettuce, brussel sprouts, carrots, bok choy, and butternut pumpkin are safer than broccoli, tomatoes and silver beet for children with major problems.

Preservative-free **fresh** meat (sausages contain sulphite preservatives, supermarket meat is not fresh enough as it has been vacuum packed).

Plain rice

Plain pasta

Plain or vanilla yoghurt

Plain milk/soy milk

Mild cheeses

Plain breads and rolls

LOTS OF PLAIN WATER

Sugar is OK (in moderation!)

Plain, unflavoured, additive-free: rice cakes, corn cakes, corn chips, popcorn, pretzels, Jatz type crackers, Ryvita type crackers, *Sakata rice crackers (*other plain varieties have added MSG), Arnotts plain biscuits (eg arrowroot, not cream)

Nestle lemonade icypoles

Plain ice cream

Plain chips

Pascalls marshmallows (white only)

Milky Bar white chocolate

Werthers Originals butter candy

Bottled Schweppes lemonade, not cans (no colour, no preservatives)