

Tequesta Family Practice

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Eating Guidelines for An Autism Patients

Bold = Ideal (eat ideal foods at every meal)

Black = Neutral (ok, but emphasize "Ideal" foods)

Italics = Caution (eat rarely or only for variety)

Strikethrough =

Avoid (don't eat these foods)

© FoodPharmacy, 2005 These Eating Guidelines may require modification as your health status changes. Schedule a follow-up with your practitioner.

Buffalo

Elk

Heart (beef)

Kidney (beef)

Liver (beef)

Venison

Beef

Lamb

Pork (bacon)

Pork (ham, chops)

Rabbit

Turkey (white meat)

Pheasant

Quail

Chicken (dark meat)

Chicken (white meat)

Cornish Hen

Duck

Goose

Turkey (dark meat)

Caviar

Crayfish

Octopus

Sardine

Abalone

Perch

Shrimp

Squid

Whitefish

Salmon

Anchovy

Bass (freshwater)

Bass (sea)

Catfish

Clams

Cod

Crab

Grouper

Halibut

Herring

Lobster

Mackerel

Mahi-mahi

Mussels

Oysters

Pompano

Rockfish

Roughy

Scallop

Shark

Snapper

Swordfish

Trout

Tuna

Aduki Beans

Black Beans

Black-eyed Peas

Garbanzo Beans

Great Northern

Beans

Green Beans

Green Peas

Lentils

Lima Beans

Mung Beans

Navy Beans

Pink Beans

Pinto Beans

White Beans

Soy Beans

Tofu

Fava Beans

Red Beans

Vegetable Juices

Water (distilled)

Water (pure, bottled)

Tea (herbal)

Almond Milk

Beer

Coffee (caffeinated)

Coffee (decaf)

Fruit Juices

Liquor

Oat Milk
Rice Milk
Soft Drinks (colas)
Soy Milk
Tea (black)
Tea (green)
Water (carbonated)
Water (tap)
Wine (red)
Wine (white)

**Eggs, Chicken
(whites)**

Blue Cheese
Brie
Buttermilk
Camembert
Cheddar
Colby
Cottage Cheese
Cottage Cheese (lite)
Cream (half and half)
Cream Cheese
Edam
Eggs, Chicken (yolks)
Eggs, Duck (whole)
Feta
Goat Cheese
Goats Milk
Gouda
Gruyere
Ice Cream
Milk (2%)
Milk (skim)
Milk (whole)
Monterey Jack
Mozzarella
Muenster
Neufchatel
Parmesan
Provolone
Ricotta
Romano
Roquefort
Sherbet
Sour Cream

Swiss
Whey
Yogurt

Almonds
Pecans
Sesame Seeds
Sunflower Seeds

Chestnuts
Filberts
Hickory Nuts
Pistachios
Poppy Seeds
Walnuts
Brazil Nuts
Cashews
Macadamia Nuts
Peanuts
Pine Nuts
Pumpkin Seeds

Amaranth
Barley
Buckwheat
Kamut
Millet
Oat
Quinoa
Rice (basmati)
Rice (brown)
Rice (plain, white)
Rye
Spelt
Triticale
Wheat
Wild Rice

Arugula
Beet Greens
Cilantro
Collard Greens
Dandelion Greens
Endive
Kale
Lettuce (bibb)
Lettuce (iceberg)

Lettuce (loose-leaf)
Lettuce (romaine)
Mustard Greens
Radicchio
Spinach
Sprouts (bean)
Swiss Chard
Turnip Greens
Watercress
Sprouts (alfalfa)

Broccoli
Cabbage
Cauliflower
Pepper (bell, all colors)
Tomato
Asparagus
Bamboo Shoots
Bok Choy
Brussels Sprout
Celery
Cucumber
Daikon
Eggplant
Fennel
Garlic
Ginger Root
Jerusalem Artichoke
Jicama
Kohlrabi
Leek
Mushroom (all varieties)
Okra
Olive (all varieties)
Onion
Pepper (hot, all colors)
Radish
Shallot
Turnip
Water Chestnuts
Zucchini
Artichoke
Avocado

Beet
Carrot
Corn
Parsnip
Potato (all varieties)
Pumpkin
Rutabaga
Squash (summer)
Squash (winter)
Sweet Potato (yam)

Dulse
Kelp
Agar
Irish Moss
Laver
Wakame

Apricots
Blackberries
Cherries
Currants
Elderberries
Gooseberries
Grapefruit
Guava
Kumquat
Oranges
Prunes
Raspberries
Strawberries
Apples
Cranberries
Grapes
Lemons
Limes
Nectarines
Papaya
Peaches
Pears
Persimmon
Plums
Pomegranate
Rhubarb
Tangerines
Banana

Blueberries
Boysenberries
Cantaloupe
Casaba Melon
Coconut
Dates
Figs
Honeydew Melon
Kiwifruit
Loganberries
Mango
Pineapple
Raisins
Watermelon

Almond Oil
Black Currant Oil
Evening Primrose
Oil
Fish Oil
Flax Oil
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil
Borage Oil
Butter (salted)
Butter (unsalted)
Canola Oil
Coconut Oil
Corn Oil
Cottonseed Oil
Ghee (clarified butter)
Hemp Oil
Margarine
Palm Kernel Oil
Peanut Oil
Wheat Germ Oil

Basil
Cayenne
Ginger
Marjoram
Oregano
Parsley

Rosemary
Saffron
Sage
Anise
Bay Leaf
Caraway
Cardamom
Carob
Chervil
Chili Powder
Chive
Cinnamon
Coriander
Cumin
Dill Weed
Fennel Seed
Fenugreek
Garlic Powder
Mace
Mustard Seed
Paprika
Peppermint
Savory
Spearmint
Tarragon
Thyme
Turmeric
Vinegar (apple cider)
Vinegar (balsamic)
Vinegar (wine)
Wasabi
Cloves
Pepper (ground black)
Artificial Sweeteners
Chocolate
Curry Power
Honey
Horseradish
Ketchup
Mayonnaise
Molasses
Mustard
Nutmeg
Salt (iodized)
Salt (low sodium)

Salt (sea
salt,unrefined)
Soy Sauce
Sugar (brown)
Sugar
(brown,unrefined)
Sugar (white)
Vanilla (extract)
Vinegar (rice)