

Eating Guidelines for An AutismPt

7/17/2005

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)