

Food Sensitivities

GLUTEN

WHEAT-BASED PRODUCTS:

Bread/pasta
Cereals/crackers
Flour tortillas

OTHER GLUTEN GRAINS:

Rye
Barley
Spelt
Durum/semolina
Oats (unless GF)

ALCOHOL:

Beer and Malt beverages

FODMAPs

OLIGOSACCHARIDES:

Wheat, rye, and barley (in large amounts)
Vegetables: Onions, garlic, asparagus, leeks, cauliflower, brussels sprouts

DISACCHARIDES:

Milk, soft cheeses, yogurt, ice cream

MONOSACCHARIDES:

Honey, apples, pears, watermelon, mango, high-fructose corn syrup

POLYOLS:

Artificial sweeteners
Stone fruits: Cherries, peaches, plums, nectarines

DAIRY

Milk, cheese, yogurt, butter, and ice cream

Cream-based sauces, sour cream, and whipped cream

Protein powders, protein bars, and some canned soups

NIGHTSHADES

VEGETABLES:

Tomatoes
Potatoes (excluding sweet potatoes)
Eggplant
Bell peppers
Chili peppers

SPICES:

Paprika
Cayenne
Chili powder

PROCESSED FOODS:

Ketchup
Salsa
Hot sauce
BBQ sauce

HISTAMINE

FRUITS:

Banana
Pineapple
Papaya
Citrus fruits (such as lemons, limes, and oranges)
Strawberries

Cherries
Avocados
Tomatoes

VEGETABLES:

Spinach
Eggplant

FERMENTED FOODS:

Aged cheeses
Yogurt/kefir
Sauerkraut

MEATS:

Shellfish
Sardines
Tuna
Cured meat

ALCOHOL:

Beer
Red wine