



## General dietary advice:

**Eat freely (whilst getting lots of variety) of any whole, unrefined plant-based foods**

### Foods to eat freely

<b>FRUITS</b>	Orange, okra, kiwi, red & green peppers, apple, pear, papaya, cranberries, peach, grapefruit, cucumber, courgette, tomato, avocado, blueberries, blackberries, raspberries, strawberries, butternut squash, pumpkin, aubergine, pineapple
<b>VEGETABLES</b>	
Flowers	Broccoli, cauliflower
Stems & leaves	Spinach, artichokes, kale, lettuce, cabbage, Swiss chard, spring greens, celery, asparagus, mustard greens, Brussels sprouts, beetroot greens, bok choy, basil, parsley, rhubarb, seaweed, watercress
Roots	Potatoes, beetroots, carrots, turnips, onions, garlic, ginger, leeks, radish, swede
Legumes	Green beans, soybeans, peas, peanuts (unless allergen), adzuki beans, black beans, black-eye peas, cannellini beans, kidney beans, lentils, pinto beans, butter beans, chick peas (unless allergen)
Mushrooms	White button, cremini, Portobello, shitake, oyster
Nuts & seeds	Almonds, walnuts, hazelnuts, pecans, macadamia, pistachio and pine nuts, plus ground linseeds, pumpkin seeds, sunflower seeds, tahini (unless allergens, and consume non-salted varieties)
Spices	Turmeric, mustard seeds
<b>WHOLE GRAINS</b>	Wheat, rice, millet, rye, oats, barley, buckwheat, quinoa, spelt, kamut, sorghum (gluten free), amaranth (high in iron and fibre)
<b>OILS</b>	Olive, flaxseed, nut oils, avocado, coconut, primrose, borage and black currant seed

### Foods to eat in moderation

Animal products	Lean red meat and chicken, cold water fish – mackerel, tuna, herring, salmon (tinned ok but frozen or fresh better), eggs
Sugars	Good quality honey

### Foods to avoid

Refined carbohydrates	Pastas (except whole grain varieties), white bread, crackers, sugars and most cakes & pastries
Dairy	Cheese, milk, yoghurt