

FOODS YOU CAN EAT

† means the food must be fresh

‡ means "not more than average portion"

DAIRY PRODUCTS

- cheese ‡: cottage, curd, Ricotta, Bonbel, Havarti, cream (Philadelphia) *ONLY*
- yoghurt ‡
- butter, margarine, cooking fats
- milk
- eggs - fresh

MEAT & FISH

- meat ‡: fresh, frozen, or tinned
- poultry ‡: fresh, frozen, or tinned
- most pâtés ‡
- fish ‡: fresh, frozen, or tinned

MEAT SUBSTITUTES

- unflavoured textured vegetable protein
- Tofu (unmarinated)

FOODS TO AVOID

‡ means "not more than average portion"

DAIRY PRODUCTS

- all cheeses (*except* those listed in left hand column)
- cheese spreads

MEAT & FISH

- ready-made meat pies, especially those in gravy (e.g. meat pies & casseroles)
- ready-made dishes with cheese sauce (e.g. lasagne)
- pepperoni, salami, bologna (air dried, smoked, or cured sausage)
- summer sausage
- black pudding
- venison or other game
- pâté
- lox
- pickled, dried, or soured fish (herring)
- traditionally smoked fish

MEAT SUBSTITUTES

- flavoured textured vegetable protein (e.g. Quorn, flavoured soya "meat")
- fermented soya products (e.g. soya sauce, miso, tempeh)
- ready-made vegetarian meals or mixes containing cheese or yeast extract

STOCKS AND GRAVIES

- gravy made with Bisto Original (powder not granules)
- gravy made with gravy browning
- most vegetable stock cubes and powders ±
- most vegetable soup powders ±

FRUITS AND VEGETABLES

- all vegetables, including potatoes
- all fruit and fruit juices

CEREALS & CEREAL PRODUCTS

- bread
- rice
- pasta
- chapatti
- sweet or plain biscuits
- cakes
- breakfast cereal

SNACK FOODS

- plain crisps
- all nuts
- chocolates
- sweets
- toffees

DRINKS

- tea
- coffee
- milky drinks
- fruit squashes and fizzy drinks

MISCELLANEOUS

If it's not mentioned in "foods to avoid", then it's OK to eat or drink it.

STOCKS AND GRAVIES

- most gravy powders
- all gravy granules
- most meat stock cubes or powders
- most meat soup powders
- all meat extracts (e.g. Oxo, Bovril)
- all yeast extracts (e.g. Marmite)
- packet soups containing yeast extracts

FRUITS AND VEGETABLES

- sauerkraut
- broad bean (fava) pods
- fava beans
- banana (skins)

CEREALS & CEREAL PRODUCTS

- savoury baked products containing
 - cheese or (e.g. cheese flavoured biscuits, etc.)
 - meat/yeast extract (e.g. Twiglets, etc.)

SNACK FOODS

- flavoured savoury products (e.g. flavoured crisps)

DRINKS

- red or white wine ± (includes Chianti and sherry)
- beer and lager ±
- non-alcoholic beer ±
- liqueurs
- vermouth ±

MISCELLANEOUS

- nasal decongestants
- medicines for colds
- "slimming" powders