

Low Reactive Foods

The following list is a combined list of foods that are considered to be the lowest in reactivity, or the safest from a chemical load view. The list was taken from:

The Plan (P)

RPAH Elimination Diet Handbook (E)

Food Intolerance Management Plan (I)

To use this as a guide, it is suggested for only foods to be chosen from this list for about 1 week or until the symptoms stabilise. This can take up to 3 weeks for some people. From there, we can start to introduce test foods to see what your body does with the food. Keep in mind that many other factors are likely to influence the body such as stress, medications, change in weather etc. You already know your body better than anyone else, so I encourage you to listen to it, and when there is a change, not it.

The letters after the food item indicate which reference books (above) the information indicated as being low. The more letters, for instance, pears having P, E & I means that pears are one of the safest foods to have.

For people with suspected food sensitivity issues to chemicals such as salicylates, amines or glutamates, there is a slightly different testing regime to follow. For those with predominately wind, gastro like symptoms, I suggest following the food intolerance as you might be reacting to the sugars and fibres in the foods.

While it seems all very confusing, rule of thumb to start with is: Eat a variety of foods from the 'safe' list, and then start to test. We can work out together which testing regime to follow when you are ready to go to this stage. It is important to stabilise your body first. Continue with any prescribed medication, unless it is taken on an 'as needed' basis as it is important to make medication changes only under doctor's care.

The following list is only a suggested guide. They have been found to be the least reactive for people. This does not guarantee you will not react to some of them. It is very much about trial and error, testing and finding what works, in which combination and how much. Other single foods can be tested, if there is no reaction, then continue to include that food. If there is one, then stop, rest and test another food item. You can retest anything at a later stage when your body is stronger. For more guidance contact a dietitian with experience in food intolerances.



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The Food intolerance program lists Bananas, blueberries, carambola, durian, grapefruit, grapes, honeydew, melon, kiwifruit, lemons, limes, mandarins, oranges, passionfruit, paw paw, raspberries, rockmelon, strawberries, tangelos and tomatoes as safe fruits for FODMAP diet

Fruits

Pears (P,E,I)	Berries (I,P) but straw & raspberries
Banana (E,I)	Mango, Avocado (P, I) The Elimination diet classes these two fruits as highly reactive
Apples (P,E)	

Vegetables

Potatoes (E,I)	Lettuce (E,I,P)	bamboo shoots (E,I,P)
Bean Shoots (E, I , P)	Celery (E,I)	Chives (E,I)
Garlic (E,P)	Beets (P,E)	Bok Choy (E,I,P)
Carrot (E,P,I)	Cucumber (E,I)	Marrow (E,I)
Parsnip (E,I)	Zucchini (E,I,P)	Turnip (I,E)
Spinach (P,I) Listed high in elimination diet	Sweet Potato (E,I)	Turnip (E,I)
Spring onion (E,I)	Shitake Mushroom (P)	

Meat without marinades or condiments

Steak (E,I,P)	Lamb (E,I,P)	Chicken (E,I,P)
Beef (P,I,E)	Scallops (P,E)	White Fish (E,I)

Nuts, Seeds, Eggs (all legumes and lentils are not advisable on the FODMAP (I)

Eggs(E,I)	Chickpeas (P,E)	Cashew raw (P,I,E)
Poppy seeds	Bean mixes	Borlotti beans
Butter beans	Cannellini beans	Haricot beans
Red kidney beans	Lima beans	Mung beans
	Soup mix	Split peas

Cooking Condiments Choose gluten free variety

Baking Powder (I,E)	Bi Carb Soda (I,E)	Salt (E,I)
Butter (E,I)	Vegetable oils (E,I)	Black pepper

Sauces/Spreads Choose gluten free variety

Soy Sauce (E,I)	Jam (E,I)	Marmalade (E,I)
Maple Syrup (E,I)	Golden Syrup (E,I)	Icing Sugar (E,I)

Drinks

Water (E,I,P) Filtered, energised	Tonic Water (E,I)	Tea (E,I) green if tolerated or other herbals
Coffee (E,I) if you can't live without it, start to wean off	Rice Milk (E,I)	Cheese (P,I)
Lemonade (E,I)	Coconut milk	Goat milk and cheeses

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