

Foods low or asprin free (salicylate)

Fruit

Banana
Fresh figs
Kiwi fruit
lemon
lime
lychees fresh
mango
nectarines
passion fruit
paw paw
pears (no skin)
plumbs
rhubarb
watermelon (not catalpoupe or honey dew)

herbs

corriander
sea salt
soy sauce
garlic
tabasco
tandoori powder

seeds

poppy seeds
sesame seeds
sunflower seeds

avoid nuts except:

cashews
coconut
peanut butter

Vegetables

Bamboo shoots
beans - dried
Beans -bortlotti
beetroot (not in vinegar)
cabbage
carrots
cauliflower
leeks
lentils
lettece
mushrooms (fresh)
olives (black)
onions
parships
peas (all types)
potato (no skin)
pumpkin
shallots
swede
sweetcorn
tomato (fresh)
Turnip

can eat **all Fish, Meat, diary** except: processed cheese and meat

no **honey, mint, peppermint** : can have golden syrup, maple syrup and molasses

only decaf tea and coffee and cola and fruit tea