



FEINGOLD DIET



The Feingold Association recommends that naturally occurring salicylates are removed from the diet in the early weeks of the program. Under the guidance of a practitioner knowledgeable in the Feingold diet, people with sensitivity (or suspected sensitivity) to salicylates should avoid all foods containing salicylates to see if symptoms improve. These include:

WHAT TO AVOID:

- Almonds
- Apples
- Apricots
- Berries (all)
- Cherries
- Cider & Cider Vinegar
- Cloves
- Coffee
- Cucumbers
- Currants
- Grapes
- Nectarines
- Oil of wintergreen (methyl salicylates)
- Oranges
- Peaches
- Peppers (sweet, chili)
- Pickles
- Plums
- Prunes
- Raisins
- Rose hips
- Tangerines
- Tangelos
- Tea
- Tomatoes
- Vinegar (cider, wine)
- Wine

In addition to salicylates, the following additives should be avoided. These may be found not only in foods, but also in cleaning supplies, art supplies, and toiletries.

- Synthetic dyes
- Artificial flavorings (including the synthetic sweetener aspartame)
- Three preservatives: BHA (butylated hydroxyanisole)
BHT (butylated hydroxytoluene)
TBHQ (tertiary butyl hydroquinone)

ACCEPTABLE CHOICES:

Nonsalicylate fruits that may be eaten at any stage of the program include:

- Pears
- Pineapple
- Grapefruit
- Lemon
- Lime
- Banana
- Melons
- Kiwi
- Coconut
- Dates
- Figs
- Mango
- Papaya

During Stage two, all foods free of synthetic additives are acceptable, including, but not limited to:

- Bamboo shoots
- Bananas
- Beans of all types
- Lentils of all types
- Cabbage
- Celery
- Cereals (without artificial colors or flavors)
- Dairy products
- Eggs
- Fish (fresh, canned or frozen)
- Lettuce
- Meat (fresh, canned or frozen)
- Peas of all types
- Poppy seeds
- Potatoes
- Poultry (fresh, canned or frozen)
- Shellfish (fresh, canned or frozen)
- Tapioca