

AVOID GRAINS

PLANT BASED ALKALINE DIET NEUTRAL PROTEIN 0.6 GM/KG LOW SALT 1200 MG SODIUM WATER

All purpose flour	Fettuccine wheat	Puri
Almond dream	Flaxseed	Ramen noodles
Almond ice cream carrageenan	Flaxseed crackers	Ravioli
Apple pie	Flour tortillas wheat	Red velvet cake
Apple strudel	Gnocchi	Rice contains arsenic
Atta bulgur	Graham crackers	Rice pudding
Atta durum	Graham flour	Rice white
Atta flour	Green rice	Rigatoni
Baguette wheat	Groundnuts caution aflatoxin	Rolls yeasted
Baked potato	Guar bean	Roti
Bamboo rice	Guar gum	Russet potato
Bhatoora	Helianthus annuus L (sunflower seeds)	Saltines
Bhatura	Hoagies	Seitan
Bihon	Hot tamales with lard	Semolina wheat
Bleached flour	Lady fingers	Sesame seed
Brazil nuts	Lasagna	Sloppy Joe's
Bread flour	Lecithin (soy)	Soy
Bread pudding	Luchi	Soy beans
Brownies	Macaroni and cheese	Soy flour
Bulgur wheat	Macaroni salad	Soy lecithin
Bundt cake	Maize caution aflatoxin	Spaghetti wheat
Cake	Malasadas	Stroganoff
Cake flour	Manicotti	Stuffing with wheat
Calzone	Masa maiz	Sugar cookies
Cannelloni	Masala dosa with wheat & potato	Sun chips
Cannoli	Matza	Sunflower seed
Carrot cake	Matzo wheat	Sushi white rice
Cashew caution aflatoxin	Microwaved popcorn	Sweet rolls yeast wheat
Cereal caution aflatoxin	Millet	Sweet white rice
Cheerios	Miso	Tagliatelle
Cheese puffs	Miso soup	Tahini
Cheesecake	Mochi white rice	Tamales with lard tomatoes
Chips salted	Mochiko	Tempeh
Chocolate cake	Naan	Tiramisu
Chocolate chip cookies	Nattō soy	Tofu
Chocolate cookies	Pancit	Toll house cookies
Chocolate cupcakes	Papad	Tortellini

AVOID GRAINS

Chocolate éclairs
Chocolate flourless cake
Cookies
Corn bread GMO caution aflatoxin
Corn dumplings GMO caution aflatoxin
Corn GMO
Corn starch noodles
Couscous
Cracker meal
Cream puffs
Croissant
Cupcakes
Custard pie
Danish
Dessert wheat
Donuts
Durum
Éclair
Enchiladas
Enriched flour
Farina

Papadum
Paratha
Pasta wheat
Pasta whole grain wheat
Peanut butter
Peanut butter cookies
Peanut butter pretzels
Peanuts aflatoxin
Pecan aflatoxin
Pie made with lard, sugar, wheat
Pistachios caution aflatoxin
Pita, Pita chips
Pizza wheat yeast tomatoes
Poppadom
Poppyseed
Pork pie
Potato chips
Potato flour
Potato salad
Pretzels salted wheat
Pumpkin pie with whipped cream

Tortillas wheat
Tree nuts caution aflatoxin
Triticum (wheat)
Udon (buckwheat + wheat)
Walnuts aflatoxin
Water crackers
Wheat
Wheat bran
Wheat bread
Wheat germ
Wheat protein isolate
Wheat starch
Wheatena
White flour
White potato
White rice
Wonton
Yeast
Yeast baked goods
Yeast breads

TO FIND MORE INFORMATION GO TO [FOODS](#) [HERBS](#) [OTC](#)
CHOOSE THE ITEM FROM THE LEFT PULLDOWN MENU