

The Most Commonly Reactive Foods

Please circle any of the following foods that you eat at least once a month:

<ol style="list-style-type: none">1. Wheat2. Dairy3. Eggplant4. Green and red bell peppers5. Tomatoes6. Potatoes7. Cayenne8. Paprika9. Eggs10. Corn11. Soy12. Peanuts13. Shellfish-shrimp, clams, oysters, crab and lobster14. Citrus fruit-orange, lemon, lime, grapefruit15. Chocolate16. Coffee17. Gluten-wheat, rye, barley, oats, kamut and triticale.18. Yeast (found in bread)19. Aspartame20. Beer and Wine21. Cocktail Mixes, such as margaritas22. Additives and preservatives23. M.S.G. (Monosodium Glutamate)-found in Chinese food	<ol style="list-style-type: none">II. Occasionally Reactive Foods24. Bacon and other pork products25. Beef26. Chicken27. Black Pepper28. Cinnamon29. Cloves, curry and turmeric30. Mustard31. Vinegar32. Grapes & raisins33. Bananas34. Berries especially strawberries35. Cherries36. Melon37. Pineapple38. Plums39. Celery40. Onions41. Peas42. Mushrooms43. Coconut44. Cashews45. Quinoa46. Kidney beans, pinto beans Black beans
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