

Foods To Avoid - Multiple Chemical Sensitivity

Product ID	Description1	Description2	Description3	Description4	Description5	Description6	Description7	Description8	Description9	Description10
	Foods with Sulfites	Foods with Salicylates	Foods with Gluten	Foods with Sucrose-Fructose	Foods with MSG	Foods with Aspartame (NutraSweet)	Foods with Dextrose Salts	Foods with Quinines	Foods with Lectins & Phytate	
	Agave (Including Syrup)		x							
	Alcoholic & Non-Alcoholic Beer	x						x		
	Alcoholic & Non-Alcoholic Cider	x								
	Alcoholic & Non-Alcoholic Wine	x								
	Alliums									
	Almond Oil		x							
	Almonds		x							
	Aloe									
	Artichoke									
	Artichoke									
	Apples (All Varieties except Yellow)		x							
	Artichoke									
	Asparagus									
	Baked Goods - Granola Bars	x		x			x			
	Basil		x							
	Bay Leaf	x	x							
	Beans									
	Beetroot								x	
	Beetroot								x	
	Berries - Blackberries									x
	- Blueberries									x
	- Boysenberries									x
	- Loganberries									x
	- Raspberries									x
	- Strawberries									x
	- Youngberries									x
	Black Currants									x
	Black Pepper									x
	Black Vine Cheese									x
	Bottled Lemon & Lime Juices/Concentrates									x
	Bouillon Cubes									x
	Brazil Nuts									x
	Coffee									x
	Calcium or Sodium Caseinate				x					
	Canned Sugar Syrup									x
	Cantaloupe									x
	Carrot									x
	Caraway									x
	Cardamom									x
	Carrot									x
	Cauliflower									x
	Cayenne									x
	Celery Powder									x
	Cherries									x
	Chewing Gum (Mint, Menthol, Flavored)									x
	Chicory									x
	Chili Peppers, Powder & Flakes									x
	Cider Vinegar									x
	Cinnamon									x
	Cloves									x
	Coconut (Desiccated & Oil)									x
	Coffee (Regular)									x
	Commercial Gravies & Sauces									x
	Corn (Including Sweet)	x								x
	Coronol									x
	Corstarch									x
	Corn Oil									x
	Corn Syrup	x								x
	Coriander									x
	Cranberries									x
	Cucumber									x
	Cumin									x
	Currants (Red, Black)									x
	Curry									x
	Dates									x
	Dehydrated Fish, Crustaceans, Shellfish	x								x
	Del Meats									x
	Dill									x
	Dried Fruit - Apricots									x
	- Coconut									x
	- Dates									x
	- Figs									x
	- Raisins									x
	Dried Vegetables - Sweet Potatoes	x								x
	Eggplant									x
	Endive									x
	Fennel									x
	Flaxseed									x
	Fresh & Frozen Spinach									x
	Fresh & Frozen Fruit Juice	x								x
	Fresh & Frozen Vegetable Juice	x								x
	Fruit Flavored Candy									x
	Garam Masala									x
	Gelatin & Pectin	x								x
	Gherkins, Pickles, Radishes	x								x
	Glasses & Glazed Fruits	x								x
	Ginger									x
	Ginseng									x
	Grapefruit									x
	Grapes									x
	Guar & Xanthum Gum	x								x
	Guava									x
	Honey									x
	Horseradish									x
	Hot Peppers									x
	Hydrolyzed Proteins									x
	Jams, Jellies, Other Preserves Not Homemade	x								x
	Lemons (Including Peel)									x
	Lettuce (Except Iceberg)									x
	Licorice									x
	Liquor									x
	Lycium									x
	Mace									x
	Malt									x
	Malt Extract & Flavoring									x
	Mango									x
	Mayonnaise									x
	Marmite									x
	Melons									x
	Milk & Organic Chocolate	x								x
	Mint									x
	Molasses									x
	Mushrooms									x
	Mustard									x
	Nectarines									x
	Noodle & Rice Mixes	x								x
	Nutmeg									x
	Olives									x
	Olives (Canned Green, Black)									x
	Olive Oil									x
	Oranges, Mandarines & Tangerines									x
	Oregano									x
	Parika									x
	Parsnip									x
	Passion Fruit									x
	Peaches									x
	Peanut Butter									x
	Peanut Oil									x
	Peanuts with Skins									x
	Peppermint									x
	Persimmon									x
	Pineapple									x
	Pine Nuts									x
	Pistachios									x
	Plant Protein Extract									x
	Plums									x
	Potatoes									x
	Potatoes (New & Red Pontiac)									x
	Potatoes (New & Red Pontiac)									x
	Pumpkin									x
	Pumpkin Seeds									x
	Raw Sugar									x
	Rhubarb									x
	Rock Melon									x
	Rosemary									x
	Sage									x
	Sauerkraut	x								x
	Sesame Seeds & Oil									x
	Snow Peas									x
	Sorbits, Sherbets, Popsicles									x
	Soy Products	x								x
	Spearmint									x
	Spirin									x
	Sprouts									x
	Swiss Chard									x
	Tabasco									x
	Tangelo									x
	Tarragon									x
	Teas (All Varieties)									x
	Thyme									x
	Tomatoes (Fresh & Cooked)									x
	Tomato Ketchup, Paste, Purees, Soups	x								x
	Turmeric									x
	Turnip									x
	Yeast Extracts									x
	Walnut Oil									x
	Walnuts									x
	Water Chestnut									x
	Watermelon									x
	White Vinegar									x
	White Pepper									x
	White Vinegar									x
	Worcester Sauce									x
	Zucchini									x