

Organic Food Choices for Multiple Chemical Sensitivity

Product	Description1	Description2	Description3	Description4	Description5	Description6	Description7	Description8	Description9	Description10	Description11	Description12	Description13	Description14	Description15
	Low in Salty/less	Low in Nitrate	High in Molybdenum	High in Omega 3s	High in Magnesium	High in Selenium	High in Vitamin B6	High in Vitamin C	High in Vitamin E	High in Carotenoids	High in Flavonoids	High in Folate/Folic Acid	High in Vitamin B2	High in/Boost Gutathione Production	Low in Oxalates
Apples (Yellow, Pinked, Core'd, Sauce)	x	x													
Asparagus (Fresh)	x	x					x		x			x			x
Bananas	x	x				x		x							x
Bamboo Shoots	x				x		x	x		x		x			x
Beef (Lean)	x						x						x		
Black Eyed Peas	x		x				x	x					x		x
Brown, Demerara, Castor, Icing Sugars	x														
Broccoli Sprouts	x														
Butter	x					x						x			x
Buckwheat (Kasha)	x														
Cabbage (Green, White, Red*)	x						x								
Carob (Chocolate Substitute)	x			x								x			x
Cashews	x		x												
Celery	x														
Cheese (Swiss, Mozzarella, Feta, Low Fat)	x														
Chicken	x						x		x						x
Chickpeas (Hummus)	x							x							
Chives	x														
Cocoa (Powder)	x														
Cod Liver Oil	x			x											x
Cream (Low Fat)	x														x
Cottage Cheese (Low Fat)	x			x											x
Dark (Non-Organic) Chocolate	x														x
Eggs (Hardboiled, Poached, Raw, Scrambled)	x														x
Fish (Halibut, Wild Salmon)	x														x
Garlic	x														x
Ghee	x														
Green Beans	x														
Green Peas	x														
Hazelnuts	x														
Hemp Oil	x														
Ice Cream (Low Fat)	x														
Jackfruit	x														
Kale (Curly)	x														
Kidney Beans	x														
Kiwifruit	x														
Lamb	x														
Leek	x														
Lentils (Brown, Red)	x														
Lima Beans	x														
Lime	x														
Liver (Beef, Chicken, Lamb, Pork, Turkey, Veal)	x														
Malt Vinegar	x														
Mangoes	x														
Maple Syrup	x														
Milk (Cow, Goat, Rice)	x														
Mung Bean Sprouts	x														
Mushrooms (White, Portabella, Shiitake)	x														
Navy Beans	x														
Onion	x														
Papaya	x														
Parsley	x														
Pears (Bartlett, Beurre Bosc, Packham, Williams)	x														
Pecans	x														
Peppers (Green, Yellow, Orange, Red*)	x														
Plantain	x														
Pumpkin Seeds	x														
Pork (Lean)	x														
Potatoes (Old, White, Baked, Cooked, Plain Chips)	x														
Quinoa	x														
Rabbit	x														
Rice (Basmati, Jasmine)	x														
Rutabaga (Yellow Turnips)	x														
Saffron	x														
Sardines	x														
Scallions	x														
Shallots	x														
Split Peas (Green, Yellow)	x														
Sunflower Seeds	x														
Tahini	x														
Tapioca	x														
Turkey	x														
Venison	x														
Yoghurt (Natural Low Fat)	x														