

## PHENOLS

*Phenols are naturally occurring compounds in a wide range of foods that contribute to its colour, smell and taste. They have to be metabolised through the Liver Phase 2 Sulfation pathway. If not, they build up in the body and can create a whole host of symptoms such as skin rashes, red cheeks and ears, hyperactivity, headaches and sleeping problems. Rule of thumb is the more colour/flavour in a food, the higher the phenol content. Foods that are white and bland (ie potatoes, cauliflower) will contain less phenols.*

<b>SALICYLATES</b>	<b>AMINES</b>	<b>GLUTAMATES</b>
Avocado	Banana	MSG
Broccoli	Cheese, yellow	Autolyzed yeast
Spinach	Cheese, aged or blue	Soy sauce
Tomatoes	Chocolate/cocoa	Cheese, parmesan
Cantaloupe	Wine/beer	Vegemite, Marmite
Watermelon	Fermented foods –	Sauerkraut
Dates	sauerkraut, yoghurt, tempeh	Bone broths
Nuts - almonds	Soy sauce	Gelatin
Watercress	Bone broths	Peas
Artichoke	Meat	Corn
Endive	Meat, aged (salami's etc.)	Tomatoes
Radishes		
Cucumbers, pickles		
Peppers, bell and chili		
Herbs and spices – cloves, curry powder, paprika, etc.		
Chilli powder		
Berries		
Cherries		
Grapes, red, raisins, currants		
Apples, esp. red		
Apricots		
Pineapple		
Plums, prunes		
Citrus – oranges, lemons, etc.		
Nectarines, peaches		
Cider		
Cider vinegar		
Propionic acid (preservative used in commercial bread)		
Artificial colours, flavours		
Honey		
Aspirin		
Coffee		
Tea		
Cola drinks		
Wine, wine vinegar		
Wintergreen oil		

Avoiding these foods is temporary until the Sulfation pathway in the liver is normalized.