

# The Feingold Diet (A less restrictive low phenol diet than the low salicylate diet included with Victus Health Software)

Food Type	Include	Exclude	Key Rules
<b>Fruit</b>	Many fruits are allowed on the Feingold Diet. See next column for excluded fruits.	Apples, Apricots, Cherries, Currants, Grapes, Nectarines, Oranges, Peaches, Pineapple, Plums, Prunes, Raisins, Raspberries, Tangelos, Tangerines, Tomatoes	Many more fruits are allowed on the Feingold Diet than other low salicylate/low phenol diets.
<b>Vegetables</b>	Many vegetables are allowed on the Feingold Diet. See the next column for the excluded vegetables.	Capsicum/Bell peppers, Chili, Cucumbers, Pickles, Endive, Radishes, Tomatoes	Most fresh & frozen (no additives) vegetables are allowed.
<b>Dairy Protein</b>	Pure dairy products free of artificial colours, flavours and preservatives are allowed.	Dairy products containing artificial colours, flavours and preservatives are excluded.	
<b>Animal Protein</b>	Fresh Fish & Shellfish (fresh or frozen & sulfite & preservative free) All fresh meat Fresh Eggs (Homemade Mayonnaise)	Processed Meats: Sausages, salami, hotdogs, luncheon meats, cold cuts, Smoked meats & fish products, Bacon & ham.	
<b>Milk Substitutes</b>	Substitutes free of excluded fruits (flavours) and free of artificial colours, flavours and preservatives.	Almond Milk	
<b>Legumes &amp; Pulses</b>	Alfalfa, Peanuts, Carob, Beans (green/string beans are the only exception), Green/String beans, Mung bean sprouts, Peas, Lentils, All legume flours	Legume products containing artificial additives.	



Food Type	Include	Exclude	Key Rules
<b>Grains</b>	All pure grains are allowed.	Grain products containing other excluded ingredients (e.g. raisins etc ) All products with artificial colours, flavours and preservatives.	
<b>Nuts &amp; Seeds</b>	Brazil Nuts, Cashews, Chestnuts, Hazelnuts (filberts), Macadamia nuts, Peanuts, Pecans, Pine nuts, Pistachios (unsalted), Sesame seeds, Sunflower seeds, Walnuts	Almonds and products containing them. Flavoured nuts and seeds.	
<b>Herbs &amp; Spices</b>	Herbs: Except for the excluded list, most fresh or dried herbs are allowed unless they contain additives. Spices: Single, pure spices (except those on the excluded list) & without any additives.	Mixed spices & Mixed herbs containing other excluded spices (e.g. cloves, chilli, etc.) or contaminated with artificial additives.	Select commercial herbs & spices carefully as they often contain anti-caking agents & other additives.
<b>Beverages</b>	Filtered Water Pure spirits Allowed fruit and vegetable juices	Cider, Coffee, Tea, Cola and other sodas & soft drinks, Fruit juices & vegetables from the excluded fruits list. Beer, Liqueurs, Some spirits Commercial drink powders, Wine.	
<b>Fats &amp; Oils</b>	Most allowed. Check labels for excluded additives.	Oils with added anti-oxidants.	
<b>Sea Vegetables/ Seaweed</b>	Pure: Agar, Arame, Dulse, Hijike, Kelp, Kombu, Nori, Sea Palm, Wakame.		
<b>Sweeteners</b>	Most sweeteners are allowed. See exclusions list in the next column.	Honey High Fructose Corn Syrup	



Food Type	Include	Exclude	Key Rules
<b>Yeasts</b>		Commercial condiments Teas	
<b>Ferments</b>	Miso, Soy Sauce		
<b>Cooking/Baking Aids</b>	Agar agar, Arrowroot, Alcohol-free flavouring extracts, Baking Soda/ Bicarbonate of Soda (aluminum free), Gluten Free Baking Powder, Carrageenan, Citric Acid, Pure Chocolate & Cocoa, Corn Starch, Cream of Tartar, Coconut (shredded, desiccated, ground/ flour), Pure Vanilla powder, Pectin, Sago, Starch, Tapioca Starch, Guar Gum, Xanthan Gum	Apple Cider Vinegar, Anti-caking agents, Artificial Colours, Artificial Flavours, Artificial Preservatives, Benzoates, Corn Syrup, Cloves, Curry, Emulsifiers, Hydrolyzed Vegetable Protein, Powder, Paprika, Mineral Salts, MSG, Nitrates, Nitrites, Sorbates, Sulfites, Products containing artificial colours, flavours and preservatives	Always check baking products for hidden contaminants.
<b>Other</b>	Sea Salt Himalayan Pink Salt	Hydrolyzed Protein Textured Vegetable Protein (TVP) Malt Flavouring Gum Base Free Glutamate	Be cautious with all processed foods as most products can be contaminated with artificial additives.
<b>Condiments</b>		Soup bases/bouillon cubes Commercial Ketchup/Tomato sauce Condiments containing any ingredient on the exclusions list	

