

Enjoy

fresh or frozen vegetables
fruit / fruit juice
unsalted crisps
homemade porridge
low-salt stock cubes (can be used as an
alternative to gravy granules)
homemade / low salt bread
lean meat especially veal, chicken,
turkey and game
fresh fish
olive oil
dried fruit and nuts
mineral water
tinned tuna fish in spring water

Moderate

coffee
alcohol
milk
ready made bread (esp white)
organ meats (kidney/liver etc)
shellfish
cheese
mayonaise

Avoid

Table salt / adding salt during cooking
processed meats: bacon, ham,
cured pork, corned beef.
tinned vegetables / beans
crisps / pretzels
refined sugar / sugar drinks
ready to eat breakfast cereals
tomato ketchup
tinned / dry soups
filtered /softened water