

Low Stress Diet - Food List

Food	Include	Avoid
Meat, Fish, Poultry	Lean meats, game meats, turkey, chicken without skin, oily deep sea fish, tinned salmon & tuna, eggs	Fatty meats, processed meats eg: salami, frankfurts, ham, bacon, sausages, tinned meats eg: spam, shellfish, processed pre made fish eg: fish fingers, burgers, rissoles
Grains, Cereal	Rice, millet, quinoa, sorghum, buckwheat, tapioca, amaranth, oats, corn, arrowroot, potato flour, gluten free products	Wheat, rye, barley, contaminated oats, spelt, kamut, malt, wheaten cornflour, couscous, burghal, semolina, durum, gluten containing products (see Gluten Free Handout)
Fats, Oils	Cold pressed olive, flaxseed, canola, safflower, sesame, walnut, almond, coconut oils, avocado, nuts/seeds, oily fish	Margarine, butter, lard, palm oil, skin for duck & chicken, trans fats (hydrogenated and/or processed fats & oils), packaged: mayonnaise, butters, deep fried foods.
Vegetables	All fresh, steamed, raw, frozen, stir fried, juiced or roasted. Low GI & GL	Tinned, processed, manufactured eg: frozen potato gems, creamed corn
Legumes, Beans	Broad, haricot, red kidney, borlotti, cannelloni, garbanzo beans, Lentils, chickpeas, spilt green peas, dhal.	Soybean and soy products, peanuts, tinned "baked beans"
Fruits	All fresh, in season, non chemically dried, fresh juice in moderation, frozen	Processed and packaged juices, dried fruits, fruit minces and tinned pie fillings, caution with salicylates
Dairy Foods	See Milk Free Diet Handout	All cow, goat, sheep, buffalo products e.g: milk, yoghurt, cheese, ice cream, butter
Seeds, Nuts	Fresh shelled almond, brazil, walnut, Pecan, macadamia and hazelnuts. Cashews, Tahini, Sesame, pumpkin & sunflower seeds	Packaged roasted, salted, chocolate coated, sugar coated, honey roasted, dry roasted (rancid) nuts & seeds and peanuts
Beverages	Filtered water, herbal teas, natural mineral water, green tea	Coffee, black tea, caffeinated & carbonated soft, sports, energy and milk drinks, alcohol
Sweeteners	Xylitol, stevia, pure maple syrup, brown rice syrup	Sugar-castor, white, brown or raw, glucose syrup, corn syrup, icing sugar, maltodextrin
Dressings, Jams, Spreads	Apple cider vinegar, sugar free jams, nut butters except peanut	Processed commercial "dressings", malt vinegar, tomato & BBQ sauce jams, vegemite, promite, marmite, peanut butter,
Herb, Spices, Condiments	Fresh and dried herbs, spices, garlic, chilli.	Commercial pickles, sauces, gravy, stock cubes/liquids, soy sauce, tomato purees, salt
Snacks	Homemade pop corn, plain corn chips, rice cakes/crackers, gluten and dairy free goods	Packaged chips, snack foods, lollies, chocolates, liquorice, packaged biscuits, cakes, bakery goods, frozen deserts