



fruit	vegetables	grain foods	milk products	other
<p>fruit</p> <p>banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo</p> <p>Note: if fruit is dried, eat in small quantities</p> 	<p>vegetables</p> <p>alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini</p> <p>herbs</p> <p>basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme</p>	<p>cereals</p> <p>gluten-free bread or cereal products</p> <p>bread</p> <p>100% spelt bread</p> <p>rice</p> <p>oats</p> <p>polenta</p> <p>other</p> <p>arrowroot, millet, psyllium, quinoa, sorgum, tapioca</p> 	<p>milk</p> <p>lactose-free milk*, oat milk*, rice milk*, soy milk*</p> <p>*check for additives</p> <p>cheeses</p> <p>hard cheeses, and brie and camembert</p> <p>yoghurt</p> <p>lactose-free varieties</p> <p>ice-cream substitutes</p> <p>gelati, sorbet</p> <p>butter substitutes</p> <p>olive oil</p>	<p>tofu</p> <p>sweeteners</p> <p>sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p>honey substitutes</p> <p>golden syrup*, maple syrup*, molasses, treacle</p> <p>*small quantities</p> 