

Dietary Triggers

CAFFEINE	Coffee, tea, iced tea and cola. Even decaf coffee and tea (which contain additional chemical triggers) may be a problem. Also, beware of coffee substitutes. Try caffeine-free herb tea (without citrus and other trigger flavors).
CHOCOLATE	White chocolate (no cocoa) is okay; carob is questionable.
MONOSODIUM GLUTAMATE	Chinese (and other) restaurant food; soups and bouillons; Accent and seasoned salt; flavored, salty snacks; croutons and bread crumbs; gravies; ready-to-eat meals; cheap buffets; processed meats; veggie burgers; protein concentrates; and low-fat, low-calorie foods. Watch out for hidden MSG (see Table 7, page 81).
PROCESSED MEATS AND FISH	Aged, canned, cured, fermented, marinated, smoked, tenderized—or preserved with nitrites or nitrates. Hot dogs, sausage, salami, pepperoni, bologna (and other lunchmeats with nitrites), liverwurst, beef jerky, certain hams, bacon, pâtés, smoked or pickled fish, caviar and anchovies. Also, fresh beef liver and chicken livers, and wild game (which contain tyramine).
CHEESE AND OTHER DAIRY PRODUCTS	The more aged, the worse. (Permissible cheeses include cottage cheese, ricotta; cream cheese and good-quality American cheese.) Beware of cheese-containing foods, including pizza. Yogurt (including frozen yogurt), sour cream and buttermilk are also triggers.
NUTS	Avoid all kinds, as well as nut butters. Seeds are okay.
ALCOHOL AND VINEGAR	Especially red wine, champagne and dark or heavy drinks. Vodka is best tolerated. Clear (ideally, distilled) vinegar is <i>allowable</i> . Don't overdo condiments (ketchup, mustard and mayonnaise) made with vinegar.
CERTAIN FRUITS AND JUICES	Citrus fruits (oranges, grapefruits, lemons, limes, tangerines, clementines and pineapples) and their juices—as well as bananas. Also avoid raisins (and other dried fruits if preserved with sulfites), raspberries, red plums, papayas, passion fruit, figs, dates and avocados.
CERTAIN VEGETABLES, ESPECIALLY ONIONS	Plus sauerkraut, pea pods and certain beans (broad Italian, lima, fava, and navy, and lentils). <i>Allowed</i> : leeks, scallions, shallots, spring onions; also garlic.

Dietary Triggers (continued)

FRESH YEAST-
RISEN BAKED
GOODS

Less than one day old: homemade (or restaurant-baked) breads, especially sourdough, as well as bagels, doughnuts, pizza dough, soft pretzels and coffee cake.

ASPARTAME
(NUTRASWEET)

Saccharin (Sweet'n Low) may also be a trigger for some. As far as I know, sucralose (Splenda) isn't a problem.

OTHERS?

Perhaps soy products, especially if cultured (miso), fermented (tempeh) or otherwise highly processed (e.g., soy protein isolate/concentrate). Watch out for soy sauce containing MSG. Less risky are unflavored tofu and soy milk and flour. Soy oil is safe. Possibly tomatoes (and tomato-based sauces), mushrooms . . . whatever gives *you* a headache.