

# RED LIST

## Baked Goods/Grain-Based Foods

All flours from grains – wheat flour, cornflour  
rye flour, barley flour, pea flour, rice flour etc  
All grains – wheat, oats, barley, rye, amaranth,  
quinoa, teff, etc  
All forms of bread  
Buckwheat  
Brans  
Breakfast cereals, muesli, granola of any kind  
Cakes, biscuits, confectionary  
Corn products – popcorn, polenta, corn thins,  
maize  
Crackers, cracker breads  
Pastas, noodles  
Spelt  
Millet  
Rice cakes  
“Breaded” or battered foods  
Beans (dried)  
Rice  
Couscous  
Sorghum  
Thickening agents such as gravy powder, maize  
starch or stock cubes

## Beverages

Fizzy drinks of any description other than  
carbonated water  
Lite, zero, diet drinks of any description  
Beer, cider

## Dairy/Dairy-Related

Condensed milk  
Puddings  
Reduced fat cow’s milk  
Soy milk  
Rice milk  
Commercial almond milk  
Coffee creamers  
Fat-free anything  
Cheese spreads, commercial spreads  
Ice cream

## Fats

All seed oils (safflower, sunflower, canola,  
grapeseed, cottonseed, corn)  
Hydrogenated or partially hydrogenated oils  
including margarine, vegetable oils, vegetable fats  
Commercial sauces, marinades and salad  
dressings  
Chocolate

## Fruit and Vegetables

Fruit juice of any kind  
Vegetable juices (other than home-made with  
green list vegetables)

## General

All fast food  
All processed food  
Any food with added sugar such as glucose,  
dextrose, etc

## Starchy Vegetables

Potatoes (regular)  
Parsnips  
Peas  
Legumes  
Peanuts  
Beetroot

## Meat

All unfermented soya (vegetarian “protein”)  
Vienna sausages, luncheon meats  
Meats cured with excessive sugar

## Sweeteners

Agave anything  
Artificial sweeteners (aspartame, acesulfame K,  
saccharin, sucralose, splenda)  
Cordials  
Dried fruit  
Fructose  
Honey  
Sugar  
Sugared or commercially-pickled foods with sugar  
Sweets  
Syrups of any kind  
Malt