

Safe Beverages

Homemade coffee made from unflavored whole coffee beans such as Equal Exchange
Tea-- Black, green, white, and herbal teas without soy lecithin or flavorings
Kool Aid
Pasteurized milk

Unsafe Beverages

Coffee house coffee, cheap coffee, Flavored coffee,
Soda, Juice, Homogenized milk

Unsafe Oils

Avoid any oils that are partially hydrogenated in addition to:

Butter oil, Canola oil, AKA rapeseed oil
Soybean oil, Vegetable oils, Safflower oil,
Sunflower oil, Sesame oil, Grape seed oil,
Margarine, Milk fat, Light olive oil, Olive
Oils including extra virgin, Almond oil,
Walnut oil, Pecan oil, Hazelnut oil, Flax
oil, Avocado oil, Coconut oil, Palm oil

What to shop for:

Whole, fresh or frozen, unprocessed foods without extra ingredients.

Meat, some bacon, sausage, salami, fish, eggs, tofu, vegetables, fruit, grains, flour, cornmeal, rice, dry pasta, dry beans, raw nuts and seeds, hard cheese, sorbet, and some chocolates

Safe Fats

Make sure they are not are not hydrogenated, refined, or deodorized.

Butter, Schmaltz aka Chicken Fat,
Tallow aka Beef Fat, Lard aka Pig Fat, Duck Fat

Oil Derivatives

found in foods and body products

Alpha-linolenic acid, Blue #1, Cis-vaccenic acid-
Docosahexaenoic acid (DHA), Gamma-
linolenic acid (GLA) AKA gammolenic acid,
Glyceryl stearate-
Glycerol, Hypromellose, Linoleic acid,
Magnesium stearate, Mono and Diglycerides,
Octadecanoic acid, Oleic acid, Petroleum
Jelly, Palmitoleic acid,
PGPR (AKA Polyglycerol polyricinoleate),
Polypropylene Glycol Stearyl Ethers,
Polysorbate 20, Polysorbate 80, Simethicone,
Sodium stearate-
Soy lecithin, Stearic acid, Stearyl alcohols,
Triglycerides, Vegetable stearine

Shopping Guide For Oil Sensitivities

***Always, always, always, check the label.
This more than anything will save you
while shopping***

Foods That Commonly Contain Vegetable Oils

Make sure to check the labels carefully

Any processed foods, Sour cream,
Shredded cheese, Dry milk, Peanut
butter, Bread crumbs, Roasted Nuts,
Most breads, Cookies, Cereal, Pasta
sauces, Canned fish, Canned beans,
Canned soup, Canned meat, Yogurt,
Cottage cheese, Cream, Cooked
meats, Lunch meats, Deli meats,
Boxed mixes, Ice cream, Candy, Frozen
potatoes, TV dinners