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CAPITAL ALLERGY & RESPIRATORY DISEASE CENTER  
A MEDICAL CORPORATION

ADDITIVE- FREE DIET

FOOD PERMITTED

Cereals	Bread and all cereals bought in fresh state
Fats	Butter, olive oil
Fruits	All are permitted if in moderate amounts
Meats	Fresh meat; pork, eggs, and fish only in small quantities
Vegetables	All (if in fresh state) except cabbage, beans, spinach, sauerkraut; tomatoes moderately only
Condiments	Sugar, salt, pepper; others only as dried leaves; vinegar only if stated without additives
Sweets	Only homemade without additives
Beverages	Fresh milk, tea, coffee, homemade fruit juices, mineral water

TO AVOID

Colored toothpaste, colored cosmetics, colored beverages, wine and alcohol, artificial sweeteners, ice cream, sweets, desserts and ready-made desserts. In other words, most items available commercially in a box, can or jar should be avoided. READ LABELS.