

Ingredient	Class	Note	Type	Category
Agar Agar			miscellaneous	vegetarian
Alga			miscellaneous	vegan
Almond milk		unsweetened	Dairy Products	vegan
Almond oil			Oil/Fat	vegan
Almonds (organic)			Nuts	vegan
Amaranth		until 2 p. m., max. 25 g	Flour/Cereals	vegan
Aronia berries fresh		max. 50 g	Berries	vegan
Artichokes		max. 150 g	Vegetables	vegan
Asparagus		until 02.00 p.m. (because of uric acid)	Vegetables	vegan
Aubergines		max. 150 g	Vegetables	vegan
Avocado			Fruit	vegan
Avocado oil			Oil/Fat	vegan
Batavia lettuce			Salads	vegan
Beetroot			Vegetables	vegan
Black, red and white currants		until 02.00 p.m., max. 50 g	Berries	vegan
Blackberries		until 02.00 p.m., max. 50 g	Berries	vegan
Blueberries		until 02.00 p.m., max. 50 g	Berries	vegan
Boletus		mind the source, preferably from cultivation, fresh or dried, also powder, not from the glass	Mushrooms	vegan
Boletus edulis/yellow boletus		mind the source, preferably from cultivation, fresh or dried, also powder, not from the glass	Mushrooms	vegan
Brazil nuts		only 10 per day	Nuts	vegan
Broccoli			Vegetables	vegan
Brown millet (wild)			Flour/Cereals	vegan
Buckwheat		until 2.00 p.m., (small amounts, for example in Muesli)	Flour/Cereals	vegan
Buckwheat flour		until 02.00 p.m.	Flour/Cereals	vegan
Buckwheat pasta		until 02.00 p.m., without additives	Flour/Cereals	vegan
Cabbage, all varieties		cook as long as possible	Vegetables	vegan
Cauliflower			Vegetables	vegan
Celery			Vegetables	vegan
Changing pholiota		mind the source, preferably from cultivation, fresh or dried, also powder, not from the glass	Mushrooms	vegan
Chanterelles		mind the source, preferably from cultivation, fresh or dried, also powder, not from the glass	Mushrooms	vegan
Char			Fish	normal
Chesse from the Alps (old)		from organic cows milk	Dairy Products	vegetarian
Chia seeds			Seeds	vegan
Chiaseed oil			Oil/Fat	vegan
Chicoree/endive			Vegetables	vegan
Chinese cabbage			Salads	vegan
Cinnamon		no Cassia-Cinnamon	Spices/Herbs	vegan
Cocoa powder		pure cocoa beans	Beverages	vegan
Coconut		until 02.00 p.m., max. 100 g	Fruit	vegan
Coconut flour			Flour/Cereals	vegan
Coconut milk, unsweetened		for cooking	miscellaneous	vegan
Coconut oil/coconut fat		for frying	Oil/Fat	vegan
Coconut water		1 Glass/day	Beverages	vegan
Cod			Fish	normal
Coffee, Espresso		if sweet, use galactose, now cow's milk	Beverages	vegan
Common sorrel			Salads	vegan
Couscous (Buckwheat)		until 02.00 p.m.	Flour/Cereals	vegan
Cowberries (fresh)		until 02.00 p.m., max. 50 g	Berries	vegan
Cream cheese (Goat, Sheep)		max. 100 g	Dairy Products	vegetarian
Cress			Spices/Herbs	vegan
Cucumbers			Vegetables	vegan
Curcuma/Turmeric			Spices/Herbs	vegan
Curd cheese (Goat, Sheep)		max. 100 g	Dairy Products	vegetarian
Dandelion			Salads	vegan
Eggs (organic)			Eggs	vegetarian
Endive salad			Salads	vegan
Fennel			Spices/Herbs	vegan
Galactose		25 g per day	Sugar/Sweetener	vegetarian
Galangal			Spices/Herbs	vegan
Garlic			Spices/Herbs	vegan
Ghee-Butter		for frying	Oil/Fat	vegetarian
Ginger			Spices/Herbs	vegan

Ingredient	Class	Note	Type	Category
Goats cheese		max. 100 g	Dairy Products	vegetarian
Gooseberries		until 02.00 p.m., max. 50 g	Berries	vegan
Grapefruit		until 02.00 p.m., max. 50 g	Fruit	vegan
Green beans		In case of bowel complaints, only cooked thoroughly	Vegetables	vegan
Haddock			Fish	normal
Halibut			Fish	normal
Hemp milk			Beverages	normal
Hemp oil			Oil/Fat	vegan
Hemp seeds		peeled	Flour/Cereals	vegan
Herbal tea			Beverages	vegan
Herring			Fish	normal
Horse radish (fresh)			Spices/Herbs	vegan
Iceberg salad			Salads	vegan
Indian lettuce/Claytonia			Salads	vegan
Kohlrabi			Vegetables	vegan
Lamb (Organic)			Meat	normal
Lamb's lettuce			Salads	vegan
Leek			Vegetables	vegan
Lemon		until 02.00 p.m., max. 30 g	Fruit	vegan
Lentils		In case of bowel complaints, only cooked thoroughly	Legumes	vegan
Lettuce			Salads	vegan
Linseed		broken	Flour/Cereals	vegan
Linseed oil			Oil/Fat	vegan
Lollo Rosso			Salads	vegan
Macadamia nuts			Nuts	vegan
Macadamianut oil			Oil/Fat	vegan
Makelel			Fish	normal
Mangold/Swiss chard			Vegetables	vegan
Mannose		12 g per day	Sugar/Sweetener	vegan
Marmelade (self made with Agar Agar, Galactose)		bis 20 g	Spread	vegan
Milk (Sheep, Goat)		max. 100 g	Dairy Products	vegetarian
Morrils		mind the source, preferably from cultivation, fresh or dried, also powder, not from the glass	Mushrooms	vegan
Mozarella buffalo		max. 100 g	Dairy Products	vegetarian
Mushrooms		mind the source, preferably from cultivation, fresh or dried, also powder, not from the glass	Mushrooms	vegan
Mustard powder			Spices/Herbs	vegan
(Red) Oak leaf lettuce			Salads	vegan
Oat grass			miscellaneous	vegan
Oat milk			Beverages	vegan
Olive oil			Oil/Fat	vegan
Olives			Fruit	vegan
Onions			Vegetables	vegan
Oyster mushrooms		mind the source, preferably from cultivation, fresh or dried, also powder, not from the glass	Mushrooms	vegan
Papaya		until 02.00 p.m., max. 50 g	Fruit	vegan
Paprika/Sweet pepper		In case of bowel complaints, only cooked	Vegetables	vegan
Pecan nuts			Nuts	vegan
Peruvian ground cherry/physalis (dried)			Fruit	vegan
Pikeperch			Fish	normal
Plaice			Fish	normal
Poppy seeds			Seeds	vegan
Pumpkin seeds			Seeds	vegan
Purslane			Salads	vegan
Quinoa		until 2.00 p. m.	Flour/Cereals	vegan
Radicchio			Salads	vegan
Radish			Vegetables	vegan
Radishes			Vegetables	vegan
Raspberries (red/yellow)		until 02.00 p.m., max. 50 g	Berries	vegan
Redfish			Fish	normal
Reishi (Ganoderma lucidum)		mind the source, preferably from cultivation, fresh or dried, also powder, not from the glass	Mushrooms	vegan
Rhubarb		until 02.00 p.m., max. 50 g (because of uric acid)	Fruit	vegan

Ingredient	Class	Note	Type	Category
Ribose		12 g per day	Sugar/Sweetener	vegan
River trout			Fish	normal
Rocket			Salads	vegan
Romain lettuce			Salads	vegan
Sageseed oil			Oil/Fat	vegan
Saithe			Fish	normal
Salsifies			Vegetables	vegan
Sardine		fresh or in ist own broth, not in oil	Fish	normal
Sauerkraut natural		until 02.00 p.m.	Vegetables	vegan
Savoy cabbage			Vegetables	vegan
Sea buckthorn		as spice, mx. 5 g	Berries	vegan
Sesame oil			Oil/Fat	vegan
Sesame seeds		unpeeled	Flour/Cereals	vegan
Sheeps cheese		max. 100 g	Dairy Products	vegetarian
Sole			Fish	normal
Spelt grass			miscellaneous	vegan
Spices		careful with spice mix, hidden flavor enhancers	Spices/Herbs	vegan
Spinach			Vegetables	vegan
Spring onion			Salads	vegan
Sprouts, all kinds		for example beansprouts, rocketsprouts...	Salads	vegan
Sugarloaf			Salads	vegan
Swordfish			Fish	normal
Tagatose		3 g per day	Sugar/Sweetener	vegan
Tea (black, green, white)			Beverages	vegan
Tigernut flakes			miscellaneous	vegan
Tomatoes		In case of bowel complaints, only cooked	Vegetables	vegan
Tomatopaste		sugar free	Vegetables	vegan
Tuna		fresh or in ist own broth, not in oil	Fish	normal
Venison (Back and fillet, organic)			Meat	normal
Walnut oill			Oil/Fat	vegan
Walnuts			Nuts	vegan
Water			Beverages	vegan
Water cress			Salads	vegan
Wheatgrass			miscellaneous	vegan
Wild herbs		no restrictions	Spices/Herbs	vegan
Wild Salmon		only the wild salmon contains many Omega-3-fatty acids, normal Salmon contains too much Omega-6-fatty acids	Fish	normal
Xylose		6 g per day	Sugar/Sweetener	vegan
Yoghurt (Goat, Sheep)		max. 100 g	Dairy Products	vegetarian
Zucchini/Courgette			Vegetables	vegan
Almond puree		max. 20 g	Nuts	vegan
Apple		after the first 8 weeks Glyplan, if there are no allergies, until 12.00 a.m., max. 25 g	Fruit	vegan
Apricots		until 02.00 p.m., max. 40 g	Fruit	vegan
Argan oil			Oil/Fat	vegan
Aronia berries dried		until 02.00 p.m., max. 50 g	Berries	vegan
Balsamic vinegar		without sugar	Spices/Herbs	vegan
Basmati rice (whole grain)		until 12.00 a.m.	Flour/Cereals	vegan
Black rice			Flour/Cereals	vegan
Bread drink		until 12.00 a.m., max. 1 glass per day	Beverages	vegan
Butter		after the first 4 weeks	Oil/Fat	vegetarian
Carob gum flour			Seeds	vegan
Carots		max. 40 g	Vegetables	vegan
Cereal-based coffee		only without malt	Beverages	vegan
Chestnut flour			Flour/Cereals	vegan
Chick pea flour			Flour/Cereals	vegan
Chick peas		In case of bowel complaints, only cooked very long, mx. 50 g	Legumes	vegan
Chicken breast without skin (organic)			Meat	normal
Chocolate (90 % Cocoa or more)			miscellaneous	vegetarian
Coconut flower sugar		once a week (for example to replace sugar when baking)	Sugar/Sweetener	vegan
Cranberry (dries, withour sugar)		max. 10 g	Berries	vegan

Ingredient	Class	Note	Type	Category
Cranberryjuicet/Muttersaft		max. 30 g	Beverages	vegan
Cream		after the first 4 weeks	Oil/Fat	vegetarian
Dates		1 per day before noon	Fruit	vegan
Einkorn (original spelt)		up to 40 g after 8 weeks; contains gluten	Flour/Cereals	vegan
Elderberries		max. 50 g	Berries	vegan
Emmer flour (original wheat)		up to 40 g after 8 weeks; contains gluten	Flour/Cereals	vegan
Erythritol		once a week (for example to replace sugar when baking)	Sugar/Sweetener	vegan
Fruit juicet, freshly squeezed (Berries, grapefruit)		until 11.00 a.m., after 2 p.m. red	Beverages	vegan
Fruit tea		small amounts, can lead to overacidification	Beverages	vegan
Gojiberries (dried)		max. 10 g	Berries	vegan
Green spelt/unripe spelt grain			Flour/Cereals	vegan
Guar gum/four from Guarkern			Flour/Cereals	vegan
Honeydew melon		until 02.00 p.m., max. 30 g	Fruit	vegan
Inulin		Once a week (for example to replace sugar when baking), easier to metabolize than Isomaltose/Isomaltulose	Sugar/Sweetener	vegan
Isomaltulose/Isomaltose		once a week (for example to replace sugar when baking)	Sugar/Sweetener	vegan
Jostaberry			Berries	vegan
Kamut		contains gluten	Flour/Cereals	vegan
Kiwi		depending on allergy risk, max. 40 g	Fruit	vegan
Limes		until 02.00 p.m., max. 30 g	Fruit	vegan
Lupine flour			Flour/Cereals	vegan
Mandarines		until 02.00 p.m., max. 30 g	Fruit	vegan
Mango		max. 30 g	Fruit	vegan
Mango dried		in small amounts, as it contains more sugar than fresh	Fruit	vegan
Mate-Tea		mind quality	Beverages	vegan
Millet		until 12.00 a.m.	Flour/Cereals	vegan
Mixed mushrooms, frozen		mind the source, preferably from cultivation	Mushrooms	vegan
Mu-Err		mind the source, preferably from cultivation, fresh or dried, also powder, not from the glass	Mushrooms	vegan
Mulberry (dried)			Fruit	vegan
Mustard (Dijon)		without sugar	Spices/Herbs	vegan
Nectarines		until 02.00 p.m.	Fruit	vegan
Oat flakes (coarse)		max. 15 g; possibly contaminated with wheat, then containing gluten	Flour/Cereals	vegan
Orange		after the first 8 weeks Glyplan, if there are no allergies, until 02.00 p.m.	Fruit	vegan
Organic meat		Beef, veal, buffalo; mind the amount	Meat	normal
Papaya (dried)		until 02.00 p.m., small amounts only	Fruit	vegan
Parsnips		max. 30 g	Vegetables	vegan
Passionfruit/Maracuja		max. 40 g	Fruit	vegan
Pasta from chick peas		not with intestinal complaints; without additives	Flour/Cereals	vegan
Pasta from lentils		not with intestinal complaints; without additives	Flour/Cereals	vegan
Pasta from lupines		without additives	Flour/Cereals	vegan
Pasta from peas		without additives	Flour/Cereals	vegan
Pasta from quinoa		until 02.00 p.m.; without additives	Flour/Cereals	vegan
Peach		until 02.00 p.m., max. 40 g	Fruit	vegan
Pear		after the first 8 weeks Glyplan, if there are no allergies, until 12.00 a.m., max. 25 g	Fruit	vegan
Peas			Vegetables	vegan
Perennial rye		up to 40 g after 8 Weeks; contains gluten	Flour/Cereals	vegan
Pineapple		until 02.00 p.m., max. 40 g	Fruit	vegan
Pistachios (organic)			Nuts	vegan
Pomegranate		max. 10 g	Fruit	vegan
Potatos red		until 02.00 p.m.	Vegetables	vegan
Pumpkins		max. 40 g	Vegetables	vegan
Pumpkinseed oil			Oil/Fat	vegan
Pure rye bread, organic		for breakfast only; contains gluten	Flour/Cereals	vegan
Quince, processed (Pulp, Jam)		until 10.00 a.m.	Fruit	vegan
Rabbit		only till 5 p.m.	Meat	normal
Red rice		until 12.00 a.m.	Flour/Cereals	vegan
Red wine		dry, best Quality, max. 0,1 l	Beverages	vegetarian
Rice milk		without sugar	Beverages	vegan

Ingredient	Class	Note	Type	Category
Rye		only for breakfast, better perennial rye; contains gluten	Flour/Cereals	vegan
Seabuckthorn juice			Beverages	vegan
Shitake		mind the source, preferably from cultivation, fresh or dried, also powder, not from the glass	Mushrooms	vegan
Spelt (organic)		mind the brand (Hildegard von Bingen); contains gluten	Flour/Cereals	vegan
Spelt bread		until 02.00 p.m.; contains gluten	Flour/Cereals	vegan
Spelt milk		without sugar	Beverages	vegan
Strawberries		until 02.00 p.m., max. 50 g, in case of allergies as agreed	Berries	vegan
Sugar snaps			Vegetables	vegan
Sunflower seeds			Seeds	vegan
Sweet chestnuts		max. 10 g	Nuts	vegan
Teff flour			Flour/Cereals	vegan
Vegetable stock		without sugar, without flavour enhancer, without sunflower oil; if homemade than green	miscellaneous	vegan
Vinegar		without sugar, without flavour enhancer	Spices/Herbs	vegan
Wasabi			Spices/Herbs	vegan
White beans		In case of bowel complaints, only cooked very long, mx. 50 g	Legumes	vegan
White wine		dry, best Quality, max. 0,1 l	Beverages	vegetarian
Wild rice		until 12.00 a m.	Flour/Cereals	vegan
Xylit/Xylitol (Birch sugar)		once a week (for example to replace sugar when baking), better: Xylose	Sugar/Sweetener	vegan
Yeast			miscellaneous	vegan
Yeast flakes			Spices/Herbs	vegan
Applejuice		Insulin level rises too fast	Beverages	vegetarian
Bananas		too many carbohydrates	Fruit	vegan
Barley			Flour/Cereals	vegan
Beer		too many carbohydrates	Beverages	vegan
Breakfast cereal		except for special Breakfast cereal	Flour/Cereals	vegetarian
Canola oil		exposure with glyphosat	Oil/Fat	vegan
Cashews		mostly polluted	Nuts	vegan
Cheese (cow)			Dairy Products	vegetarian
Cherries			Fruit	vegan
Chewing gum		artificial sweetener	miscellaneous	normal
Chicken breast with skin			Meat	normal
Chicken drumstick			Meat	normal
Chips			miscellaneous	vegetarian
Chocolate (less than 90 % Cocoa, Milk chocolate etc.)			miscellaneous	vegetarian
Chocolate cream			Spread	vegetarian
Com in processed products (pasta, flakes etc.)			Flour/Cereals	vegan
Couscous (Wheat)		stresses the colon	Flour/Cereals	vegan
Cream cheese (cows milk)			Dairy Products	vegetarian
Curd cheese (cow)			Dairy Products	vegetarian
Fastfood (Hamburger, fries, conveninece pizza, kebab etc.)			Processed Food	normal
Figs		too much sugar	Fruit	vegan
Fried food			Processed Food	normal
Fruit juice concentrate			Beverages	vegetarian
Fruit nectar			Beverages	vegetarian
Gnocchi (convenience productt)			Processed Food	vegetarian
Grapes		too much sugar	Fruit	vegan
Ham			Spread	normal
Hazelnuts		Risk of allergies	Nuts	vegan
Honey			Sugar/Sweetener	vegetarian
Lactose free cows milk products		Cottage cheese, yoghurt	Dairy Products	vegetarian
Lemonades			Beverages	vegetarian
Litchi		too much sugar	Fruit	vegan
Liverwurst			Spread	normal
Malt			Flour/Cereals	vegan
Margarine/Oleo		unhealthy fats	Oil/Fat	vegetarian
Marmelade (from the shop)			Processed Food	vegetarian

Ingredient	Class	Note	Type	Category
Meat in processed form		Ham, salami, etc.	Meat	<i>normal</i>
Milk (cow)			Dairy Products	<i>vegetarian</i>
Mirabelles			Fruit	<i>vegan</i>
Mozarella cow			Dairy Products	<i>vegetarian</i>
Oat bread		mostly it is mixed bread with cereals containing gluten; if pure oat bread then yellow	Flour/Cereals	<i>vegan</i>
Orange juice			Beverages	<i>vegetarian</i>
Pasta (Wheat)			Flour/Cereals	<i>vegan</i>
Peanut oil		high percentage Omega-6 fatty acids	Oil/Fat	<i>vegan</i>
Peanuts		Risk of allergies	Nuts	<i>vegan</i>
Persimmon/Khaki		Too many carbohydrates	Fruit	<i>vegan</i>
Pizza			miscellaneous	<i>normal</i>
Plums		Too much fructose	Fruit	<i>vegan</i>
Porc		Hormones, Antibiotics	Meat	<i>normal</i>
Potato flour			Flour/Cereals	<i>vegan</i>
Potato normal			Vegetables	<i>vegan</i>
Prawns		often polluted	Fish	<i>normal</i>
Rapeseed oil		often polluted with glyphosat	Oil/Fat	<i>vegan</i>
Rice		Thai-Rice, whiter Rice, Milk rice, Basmatirice white, Sushi-Reice	Flour/Cereals	<i>vegan</i>
Rice noodles/glas nodels			Flour/Cereals	<i>vegan</i>
Rose hip		too much sugar, as tea only	Fruit	<i>vegan</i>
Salami (not organic)			Spread	<i>normal</i>
Seafood		too much pollution	Fish	<i>normal</i>
Sirup (Agave, apple, pear)		too much sugar	miscellaneous	<i>vegetarian</i>
Softdrinks (Coke, Lemonade, Energy drinks, Sport drinks)			Beverages	<i>vegetarian</i>
Soy products		strain intestine	miscellaneous	<i>vegan</i>
Spirits			Beverages	<i>vegetarian</i>
Stevia-Products		only if allowed	Sugar/Sweetener	<i>vegan</i>
Sugar, alternative sweeteners		white sugar, pear thick juice, agave thick juice, cane sugar, honey, maple sirup	Sugar/Sweetener	<i>vegan</i>
Sunflower oil		high percentage Omega-6 fatty acids	Oil/Fat	<i>vegan</i>
Sweet potatoes		glycemic Index too high	Vegetables	<i>vegan</i>
Sweetcorn			Flour/Cereals	<i>vegan</i>
Sweetener		carcinogenic	Sugar/Sweetener	<i>vegan</i>
Sweets			miscellaneous	<i>vegetarian</i>
Turkey (without skin, organic)		often polluted with antibiotics	Meat	<i>normal</i>
Watermelon		too much sugar	Fruit	<i>vegan</i>
Wheat, wheat products, wheat bread			Flour/Cereals	<i>vegan</i>
White sugar			Sugar/Sweetener	<i>vegan</i>
Yoghurt (cow)			Dairy Products	<i>vegetarian</i>