



A handy guide to foods

A handy guide to foods that can and cannot be eaten in LPLD

Can Eat

- ✓ Most vegetables and fruit, beans, peas and lentils, as long as raw or cooked without use of fats
- ✓ Non-oily white fish such as cod, haddock, skate, sole, canned tuna (not in oil), marlin, monkfish, redder cuts of tuna
- ✓ Most shellfish, including prawns, squid, white meat of crab and lobster. Oysters, clams and mussels in limited quantities
- ✓ Breast of most poultry, as long as skinned and trimmed of any visible fat
- ✓ White bread in limited quantities, crispbreads (check labels)
- ✓ White rice or rice noodles, steamed or boiled
- ✓ Pasta in limited quantities
- ✓ Egg white, meringue
- ✓ Chestnuts in limited quantities
- ✓ Skimmed milk, fat free yogurts, cottage cheese (check the analysis), quark
- ✓ Jelly, jelly babies, boiled sweets, jam, marmalade
- ✓ Miso
- ✓ Herbs and spices, plain pickles
- ✓ Water, fruit juice squash, tea and coffee
- ✓ Soy sauce, fish sauce, alcohol in cooking

Can't Eat

- ✗ All oils and fats, including olive oil, sunflower oil, margarines, spreads, butter, lard, ghee etc
- ✗ Avocado, olives, coconut
- ✗ Oily fish such as salmon, mackerel, halibut, turbot, brill etc
- ✗ Any red meat such as beef, lamb, pork or bacon (unless the nutritional analysis shows that the fat content is low enough)
- ✗ Brown bread or wholemeal bread. Bread with seeds or nuts
- ✗ Brown rice
- ✗ Egg pasta
- ✗ Egg yolk or whole egg
- ✗ Any other nuts and nut butters, all seeds
- ✗ Full fat or partially skimmed milk, low fat yogurts, cheese, cream cheese, ice cream
- ✗ Chocolate, crisps, toffees, lemon curd, chocolate spreads, peanut butter
- ✗ Soups and sauces made with fat or oil
- ✗ Chutneys (check analysis)
- ✗ Alcohol