

Allergy List 2019 version 7.0 – Tanja Kivi

Recommended vegetables and fruits, and also example meals, in the end.

IMPORTANT: Gluten Free, Wheat Free and Low Lactose (HYLA)

Using low carb diet (not keto) containing a lot of protein and vegetables.

It is important to always have plenty of sauce etc., because of difficulties swallowing.

Causing Anaphylactic Reactions:

All nuts, including almonds
Seeds
Wasps etc.
Morphine and derivatives (Small amounts of Fentanyl is ok if %SpO ₂ is monitored)
Tetracyclic antibiotics

Foods	Causes Symptoms Even When Cooked	Can Be Consumed When Cooked Through
nuts, including almonds	X	
soy (soy sauce is ok), tofu	X	
GRAIN: wheat, rye, barley, gluten	X	
ROOT VEGETABLES: <u>potato</u> , sweet potato, swede, rutabaga, turnip, beetroot (vinegar beetroot is ok), celery/root celery (a small amount in stock is ok), parsnip	X	
VEGETABLES: Ice Berg Lettuce (other lettuce ok), peas (green beans ok), lentils, cucumber <u>peels</u> , pickled cucumber <u>peels</u> , sprouts, parsley	X	
FRUITS: pineapple, avocado, banana, kiwi, peach, all honeydew and cantaloupe melons	X	
BERRIES: raspberry, cloudberry	X	
FOOD ADDITIVES: carob bean gum/ locust bean mucilage/ E410, cola/Pepsi, Sprite/Seven Up	X	
Chili	X	
apple		X
tomato		X
bell pepper/Sweet pepper		X
carrot		X

NB: I am not allergic to spices or soy sauce!!

NB 2: Allergic only to iceberg and ice lettuce, all leaf lettuce and cabbage lettuce are ok!!

Recommended Vegetables

Food	Can Be Consumed When Cooked <u>Through</u>	No need to cook <u>through</u>
tomato	X	
bell pepper	X	
carrot	X	
cauliflower, broccoli		X
long, green beans, beans (not soybeans)		X
eggplant		X
onion (not raw)		X
kohlrabi, radish		X
cabbage, Brussels sprouts		X
mushrooms		X

Recommended Fruits

Food	Can Be Consumed When Cooked <u>Through</u>	No need to cook <u>through</u>
apple	X	
strawberry, blueberry, blackberry, lingonberry, cranberry		X
pear		X
orange, lemon, lime, clementine, other citrus		X
water melon		X
grapes		X
rhubarb		X

What I normally eat:

Main Courses	Side Dishes	Desserts
roasted, grilled, slow-cooked, fried, etc. meat (beef, pig, lamb), chicken, fish (not raw)	Steamed vegetables	Mascarpone mousse, whipped cream, curds, puddings (like creme brulee)
Cream soup	Roasted vegetables	berry desserts
Risotto	gratins	ice cream, sorbets, frozen dessert
gluten-free pasta	dressing / sauce, preferably with sour cream, cream, cream cheese	gluten free, ice / lactose free pancake with jam and whipped cream
eggs	cheese, blue cheese	gluten-free cake, muffin, etc.
casseroles	rice	cheese platter