

Healthy Casein-Free diet.

Food	Include	Exclude
Grains / flours / cereals	Rice, corn, potato, arrowroot, millet, tapioca, cassava, peas, legumes, quinoa, polenta, buckwheat, pea flours, lentil flour Wheat, barley, rye, oats, spelt, bran, semolina, couscous	
Milks/drinks	Water, rice milk, almond milk, fresh organic fruit juice (in moderation), vegetable juice, sparkling mineral water . Possibly soy milk	Cow's milk , goats milk, sheep's milk , colored fizzy drinks, cordials, energy drinks, barley drinks , soy milk (often)
Nuts/seeds	Cashews, almonds, hazelnuts, brazils, sunflower seeds, pumpkin seeds, sesame seeds (most of these can be made into butters eg cashew butter to use instead of peanut butter)	Peanuts
Fruit	All fruit-can be made into fruit sorbet, pureed fruit, home dried fruit	
sweeteners	Honey (manuka if possible) stevia, xylitol, palm sugar	Sugar , corn syrup, malt, chocolate, artificial sugars like aspartame, any thing labeled "diet"
Fats	Olive oil, rice bran oil, avocado oil, sunflower oil, virgin coconut oil. Flaxseed oil (on salads, not for cooking) Specialist butter substitutes like nuttalex	Butter, supermarket margarines (due to poor quality fats)
Other	Eggs, small amounts of meat, small fish (not tuna), tahini, hummus, vegetables. Soy icecream maybe ok	Cheese, yoghurt, icecream,