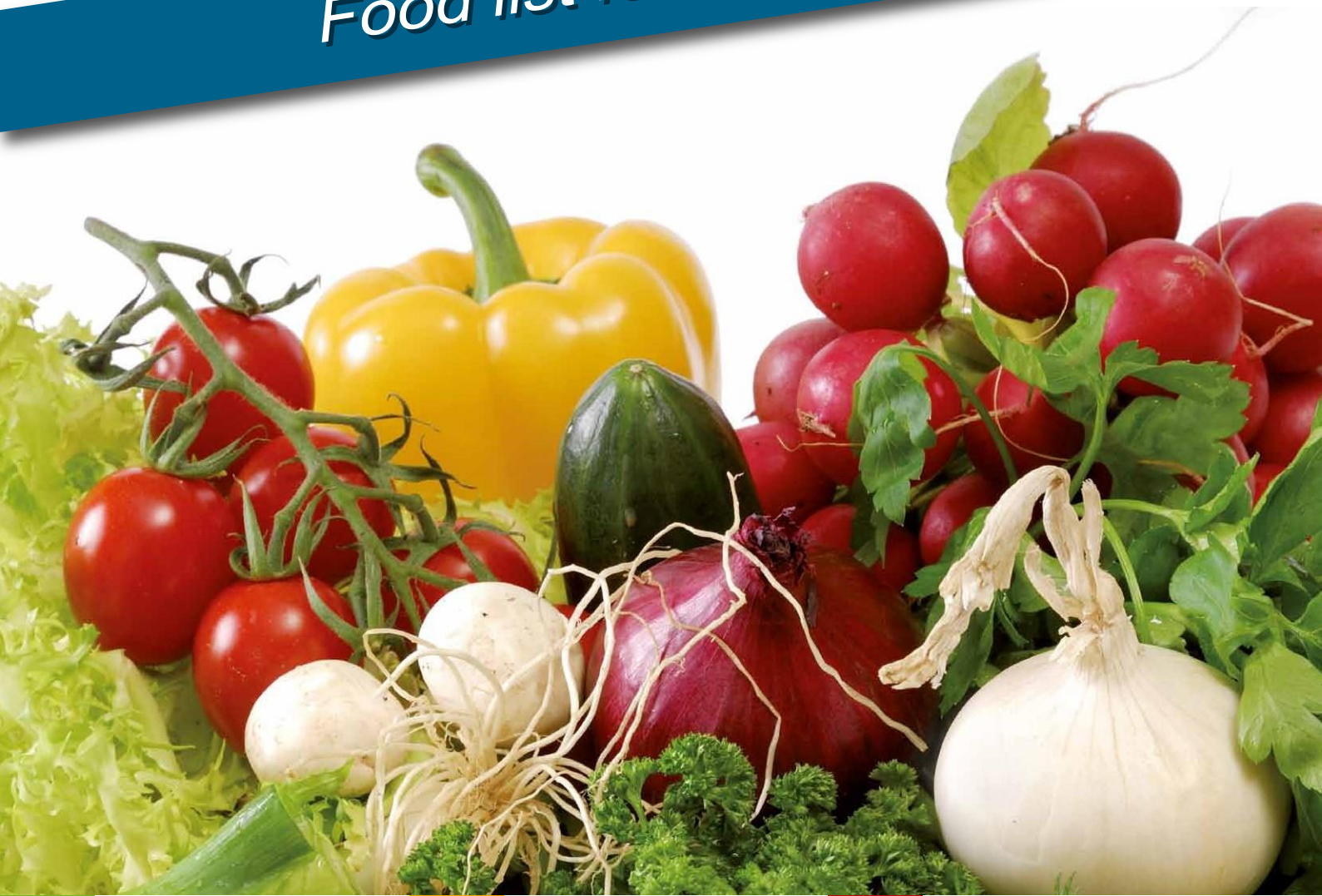


Nutritional recommendations

Food list for reference



GREEN LIST

These low-carbohydrate foods that hardly raise the blood-sugar level can be eaten without hesitation in the usual portions.

YELLOW LIST

Here you will find berries, fruits, nuts and vegetables, which you should eat only in small quantities because of the increased sugar content.

RED LIST

These foods and drinks with high sugar and/or carbohydrate content should be avoided to a large extent.

Green list

VEGETABLES

Alfalfa-lucerne sprouts
Algae
Artichokes
Asparagus
Avocado
Bamboo sprouts
Bean sprouts
Bell pepper
Black cabbage
Black roots
Bok choy
Broccoli
Brussels sprouts
Cauliflower
Celery
Celery root
Chinese cabbage
Cucumbers
Egg plant
Fennel
Garlic
Green beans
Kale
Kohlrabi (turnip cabbage)
Leek
Lotus root, fresh
Mangel
Okra
Olives
Onions
Pickled vegetables
Pointed cabbage
Radish
Red cabbage
Sauerkraut (sourcroust)
Savoy
Spinach
Spring onions (Scallion)
Sprouts
Stinging nettles
Tomatoes
Topinambour
White cabbage
White turnips
Zucchini

FRUIT

Lemons

SALADS

Batavia lettuce
Chicory
Curled lettuce
Dandelion
Endives
Iceberg
Lamb's lettuce
Leaf lettuce
Lettuce
Lollo rosso and biondo
Purslane
Radicchio
Radicchio rosso di Treviso
Romanesco
Salad rocket
Sorrel
Sugarloaf
Watercress

HERBS & SPICES

Anise
Basil
Bay leaf
Black pepper
Borretsch
Capers
Caraway
Cardamom
Chervil
Chili pepper
Chives
Cinnamon
Coriander/ cilantro
Cumin
Curry powder
Dill
Fennel
Fenugreek
Galgant
Garden cress
Ginger powder
Green pepper
Hyssop
Lemon balm
Lovage
Marjoram
Nutmeg
Oregano
Paprika

Parsley
Peppermint
Purslane
Ramson (wild garlic)
Rosemary
Sage
Savory
Tarragon
Thyme
Tumeric
Vanilla
White pepper

MUSHROOMS

Birch bolete
Boletes
Chanterelle
Maitake mushroom
Morel
Morel, dried
Oyster mushrooms
Portobello mushroom/
champignon
Reishi mushroom
Saffron milk cap
Shiitake mushroom
Slippery jack/ sticky bun
Stone mushroom
Truffle
Truffles, dried

CHEESE³

Appenzeller
Bavaria Blue
Bleu cheese
Bleu d'Auvergne
Bleu de Bresse
Brie cheese
Butterkäse (butter cheese)
Camembert
Cancoillotte
Chester
Chevre (goat's cheese)
Cottage cheese
Cream cheese
Danbo
Double cream cheese
Edamer / Gouda
Emmentaler

Esrom
Feta
Gorgonzola
Gruyère
Handkäse (hand cheese)
Leerdammer
Limburger
Maaslander
Mascarpone
Mountain cheese
Mozzarella
Parmesan
Provolone
Pyrenees cheese
Raclette
Ricotta
Robiola
Romadur
Roquefort
Sheep milk cheese
Tête de Moine
Tilsit cheese
Trappista cheese

FATS & OILS

Almond oil
Avocado oil
Butter, organic
Carified Butter (Ghee)
Coconut oil
Goose fat
Grape seed oil
Hemp oil
Lard
Linseed oil (flaxseed oil)
Margarine (unhydrogenated)
Olive oil
Palm oil
Peanut oil
Pomegranate seed oil
Pumpkin seed oil
Rapeseed oil
Sued
Walnut oil ¹

EGGS

Chicken eggs

Green list

MEAT, SAUSAGES & OFFAL²

Bacon
Beef
Bone marrow
Brain
Bratwurst
Bresaola
Buffalo meat
Bündnerfleisch
Chamois
Cheese sausage
Chicken
Cold meat
Deer
Duck
Fallow deer
Gelbwurst sausage
Goat
Goose
Ham
Hare
Jagdwurst sausage
Kidney
Krakowska/ Kielbasa
Lachsschinken
Lamb
Liver
Liver pate
Liver sausage
Lung
Ostrich meat
Oxtail
Partridge
Pheasant
Pork
Poultry sausage
Rabbit
Salami (sugar free)
Sausage (sugar free)
Tongue
Turkey
Turkey sausage
Veal
Venison
Water buffalo
Weisswurst
Wiener sausage
Wild birds
Wild boar

FISH & SEAFOOD

Anchovies
Bream¹
Brook trout
Brown trout
Buckling
Carp
Caviar substitute
Cod
Crab (can)
Crayfish (-meat)
Dried fish
Eel
Fishers
Flounder
Fried herring
Haddock
Hake
Halibut
Herring¹
Lake Victoria perch
Lobster
Mackerel¹
Mackerel, smoked¹
Mussels
Norway lobster
Ocean perch
Oil sardine
Oysters
Pike
Plaice
Red mullet
River perch
Rollmop
Salmon (wild)¹
Salmon, smoked¹
Salted herring¹
Sardine¹
Sashimi (without rice)
Scallop
Sea eel, smoked¹
Seewolf (Atlantic catfish)
Shark
Shrimp
Shrimp
Sole
Souped herring¹
Spiny lobster
Sprat¹
Squid, natural
Swai
Swordfish
Trout

Tuna
Turbot
Whitefish
Zander

BEVERAGES

Chicory coffee
Espresso
Lemon juice
Mineral water
Tap water
Tea, black
Tea, green

DIARY PRODUCTS

Crème fraîche
Smetana (heavy sour cream)
Sour cream
Whipped cream

OTHER

Agar Agar
Beef broth, instant
Carob bean gum
Chicken broth, instant
Gelatin
Guar gum
Linseed and -flour
Mustard, sharp
Poppy
Sambal Oelek
Soy sauce (watch out for sugar content)
Thickener
Tofu
Vegetable broth, instant
Vinegar
Worcester sauce

SWEETEENING AGENT

Sugar alcohols, e.g. Erythritol
Sweetener, natural e.g. Stevia

- 1 High content of omega-3 fatty acids
- 2 Meat, preferably of organic origin, as little as possible processed meat products such as sausage assortment. Without added sugar or nitrite curing salt!
- 3 Cheese rind (especially of raw milk cheese) should not be eaten! Mould cheeses such as Roque fort are not recommended for partial immune defence cases!

Yellow list

BERRIES, FRUIT

140 g Acerola
12 g Acerola concentrate
40 g Apple
55 g Apricot
50 g Bitter orange
50 g Black currants
80 g Blackberries
25 g Blue huckleberry
55 g Blueberries
143 g Carambola (star fruit)
40 g Cherimoya (Anone)
50 g Cherries, sour
80 g Cranberries
75 g Elderberry
(do not eat raw)
40 g Figs, fresh
60 g Gooseberries
60 g Grapefruit
40 g Greengage
75 g Guava
80 g Honey melon
30 g Kaki
45 g Kiwi
35 g Kumquat
275 g Lime
30 g Lychee
45 g Mandarin
35 g Mango
45 g Medlar
35 g Mirabelle
40 g Nectarine
50 g Oranges
200 g Papaya
40 g Passion fruit
55 g Peaches
40 g Pear
40 g Pineapple
45 g Plums
30 g Pomegranate
30 g Pomelo
70 g Prickly pear
90 g Raspberries
70 g Quince

65 g Red currants
350 g Rhubarb
30 g Rosehips
100 g Sea-buckthorn
berries, fresh
80 g Strawberries
45 g Tangerine
60 g Watermelon
55 g White currants
40 g Wild cherries
90 g Wild strawberries

VEGETABLES

85 g Beetroot, cooked
85 g Carrots, raw
130 g Chickpeas, cooked
30 g Lentils, cooked
120 g Palm hearts, cooked
35 g Parsnip
40g Peas, frozen
400g Pickled cucumbers
35 g Potato fried (Nicola)
100 g Pumpkin

CEREALS & FLOUR

70 g Almond flour¹
9 g Amaranth¹
8 g Barley
7 g Buckwheat¹
23 g Coconut flour¹
12 g Earth almond flour¹
9 g Einkorn wheat
9 g Emmer wheat
30 g Grape seed flour¹
8 g Millet¹
12 g Oat bran²
8 g Oats
25 g Pumpkin seed flour¹
8 g Quinoa¹
8 g Rye
8 g Spelt

NUTS & OIL SEEDS

120 g Almonds
17 g Beechnuts
140 g Brazil nuts
16 g Cashew nuts
14 g Chestnuts, cooked
100 g Coconut
80 g Coconut flakes
45 g Hazelnuts
65 g Hempseeds, peeled
35 g Macadamia nut
50 g Peanuts
110 g Pecan nuts
60 g Pine nuts
60 g Pistachio nuts
120 g Poppy seeds
35 g Pumpkin seeds
50 g Sesame seeds, fresh
40 g Sunflower seeds
45g Walnuts

BEVERAGES

200 ml Apple wine, pure
500 ml Apple wine spritzer,
sour
150 ml Beer (pils/ wheat
beer, alcohol free)
100 ml Café au lait
100 ml Cappuccino
200 ml Champagne
500 ml Diet beer
100 ml Milk coffee
200 ml Red wine, dry
200 ml Rosé wine, dry
200 ml Sherry, dry
150 ml Soy milk, natural
200 ml Sparkling wine, brut
200 ml White wine, dry
400 ml White wine spritzer,
dry, sour

MILK PRODUCTS

150 ml Ayran
125 ml Kefir
100 ml Buttermilk
300 ml Lactate Drink Milk
325 ml Lactate Drink Soy
90 ml Milk, skimmed
100 ml Milk, low fat
100 ml Milk, whole (fresh,
raw or homogenised)
125 ml Sour milk
110 ml Whey
125 ml Yoghurt, natural

SWEETENING AGENT

7 g Agave syrup
6 g Apple syrup
7 g Maple syrup
7 g Pear syrup

OTHER

9 g Amaranth popcorn
20 g Cocoa cream
30 g Peanut butter
50 g Peanut sauce
45 g Ginger, fresh³
50 g Sesame butter

¹ gluten free

² low carb

³ helps combating nausea during chemotherapy

Red list

BAKERY PRODUCTS¹

Baguette
Bread
Cake
Cereal products
Cookies
Crispbread
Flatbread/ Pita
Graham bread
Hamburger buns
Pastries
Pretzel
Rolls
Waffles
White bread/ Toast

CEREALS

Breadcrumbs
Bulgur
Corn
Corn starch
Couscous
Pearl Barley
Polenta
Semolina
Wheat
Wheat products

MUESLI & FLAKES

Cornflakes
Muesli
Multigrain flakes
Wheat bran
Wheat germ
Wheat pops

PASTA¹ & RICE

Noodles (egg/ durum)
Pizza
Rice (all types)
Rice pudding
Risotto
Spaetzle
Spaghetti
Tortilla

Wholemeal pasta
Wild rice

POTATOES

Baked potatoes
Boiled potatoes
Croquettes
French fries/ chips
Gnocchi
Jacket potatoes
Mashed potatoes
Potato dumpling
Potato pancakes
Potato soup
Roast potatoes

VEGETABLES

Beans, red
Beans, white
Carrots
Peas
Sweetcorn

NUTS

Cashew nut
Trail mix

FRUIT

Apple rings, dried
Apricots, dried
Bananas
Banana chips
Dates
Dried fruits
Grapes
Prunes
Raisins

CHEESE

American cheese
Processed cheeses

MILK & DAIRY PRODUCTS

All milk products with fruit preparation (buttermilk drinks, fruit-yogurt, fruit-quark, whey drinks etc.)
Condensed milk

BEVERAGES

Alcoholic drinks (exception: see yellow list)
Barley malt drinks
Beer
Carrot juice
Cocoa, sweetened
Cola drinks, sweetened
Drinking chocolate
Fruit juices, undiluted
Fruit nectar
Ice tea
Iced coffee
Juice drinks
Lemonade/ soda
Malt beer
Multivitamin nectar
Soy milk, sweetened
Sport drinks, sweetened
Tea, sweetened
Vegetable juices

SWEETS

Candy
Chocolate with less than 70% cocoa content
Cookies¹
Fruit spreads¹
Ice cream
Jams
Jellies
Pudding

SWEETENING AGENT

Fruit sugar/ fructose syrup
Grape sugar/ glucose
Honey
Invert sugar
Maltodextrin
Maltose
Milk sugar/ lactose
Molasses syrup
Table sugar/ sucrose

OTHER

Chocolate spread
Convenience food
Corn chips (nachos)
Crisps/ chips
Ketchup
Peanut flips
Popcorn
Pretzel sticks
Puffed rice
Ready-made dressing
Rice cracker
Seitan
Soups, thickened
Sweet mustard
Tapioka (Sago)

¹ in the conventional composition