

AVOID FOODS

WITH POLYCYSTIC LIVER DISEASE ©

Ahi tuna	<i>Chaparral tea</i> ❖	Earl gray tea	HT: chaparral	Packaged vegetables	Ragu sauce	<i>Sugar</i> ❖
Alaskan king crab	Charred meats	Éclair	HT: honey/Vanilla/Chamomile	Pappadams	Ramen noodles	Sugar cane juice
Albacore tune	Cheeddar cheese	Edamame	HT: lemon zinger	Parmesan cheese	Raw egg whites	Sugar cookies
<i>Alcohol</i> ❖	Cheerios	Eel	HT: licorice root	Pastrami	Raw eggs	Sunflower seeds
Ale	Cheese	Eggnog	HT: red zinger	Paté foie gras	Ready to eat vegetables, chlorine	Sushi
Alfalfa sprouts	Cheese orange	Eggplant	HT: tangerine orange zinger	Patis	<i>Red clover tea/honey</i> ❖	Swedish meat balls
Aloe (do not eat)	Cheese parmesan	Eggs scrambled	Iceberg lettuce	Peanut butter	Red velvet cake	Taco
Anchovies	Cheese puffs	Enchiladas	Jalapeno pepper	Peanut butter cookies	Rhubarb	Tahini
Andouille sausage	Cheeseburger	Ensure	Juice bottled/canned (BPA)	Peanut butter cups	Rice wine	Tamari
<i>Animal proteins</i> ❖	Cheesecake	Escargot	Lady fingers	Peanut butter pretzels	Rice, white	<i>Tea, caffeine</i> ❖
Apple strudel	Cheesesteaks	Fermented fish paste	Lard	Peanuts	Rolls yeasted	Tempé
Artificial sweetener	<i>Chicken chlorine</i> ❖	Filet mignon	Licorice	Pemican	Rosemary	Teriyaki sauce
Aubergine	Chilies	Fish cod liver oil	Liver	Pepperoni	Sage	Tiramasu
Bacon	Chips, salted	<i>Fish oil</i> ❖	Liverwurst	Peppers	<i>Sake</i> ❖	Tofu
Baguette wheat	Chocolate	Fish oily mackerel	Lobster	Pheasant, commercial	Salami	Tomato
Baked potato	Chocolate éclairs	Fish oily sardines	Lollipop	Pickled egg	Salmon	Trout
BBQ meats	Chowder	Fish oily trout	Macaroni and cheese	Pickles	Salt pork	Tuna
<i>Beef</i> ❖	Clotted cream	Fish oily tuna	Mackerel	Ple, lard sugar	Sardines	Turkey, commercial
Beef pork pies	<i>Clover</i> ❖	<i>Flaxseed</i> ❖	Malasadas	Piña colada	Sashimi	Vegetite
<i>Beer</i> ❖	Clover honey	French fries	Malt liquor	Pink meats, bacon hot dogs	Sausage	Velveeta cheese
Bell peppers	<i>Cod liver & oil</i> ❖	Fried egg	Margarine	Pita chips	Scallops	Vichyssoise
Black tea	<i>Coffee</i> ❖	Fried egg white	Meat balls	Pizza	Scrambled egg white	Vienna sausage
<i>Bleach</i> ❖	<i>Cola</i> ❖	Fried foods	Meat loaf	Plums	Scrambled eggs	Vinegar
Blood dishes	Cookies	Fructose	Melons transported	Poke	Sesame seed	Water crackers
Bluefish	Corn beef	Ginger	Microwaved food	Pomegranate juice	Shell fish	Wheat
Bologna	Corn syrup	Grain beverage: postum	Milk shakes	Popsicles with sugar	Shrimp	Wheat germ
Bovine growth hormone	<i>Cream</i> ❖	Grain beverage: soy/Kaffee	Milk, cow animal	Pork	Sloppy Joe's	Whey
Bratwurst	Cream puffs	Green Tea	Miso	Pork pie	Sour cream	White flour, rice, sugar
Brinjals (eggplant)	Crème fraiche	Ground fish, meat, poultry	Miso soup	Portuguese sausage	<i>Soy</i> ❖	White tea
Bundt cake	Crisco	Ham hocks	Mochi	Potato	Soy milk	<i>Wine</i> ❖
<i>Butter</i> ❖	Croissant	Hamburger	MSG	Potato chips	Soy sauce	Worcestershire sauce
Cacao	Crustaceans	Hard cheese	Natto	Poultry chlorine bath	Spaghetti meat balls	<i>Yeast</i> ❖
<i>Caffeine</i> ❖	Cupcakes	Hash browns	Nightshade plants	Pretzels wheat	Spare ribs	Yeasted baked goods
Cake	Custard	Hawthorn	Noni juice & fruit	Prime rib	Squab commercial	Yellow cheese
Canadian bacon	<i>Dairy</i> ❖	Herring	Oil, canola	Produce chlorine bath	Squid	Yucca
Candy	Danish	Hershey bars	Oil, cottonseed	Prunes	<i>Star fruit</i> ❖	
Cane sugar	Dark chocolate	High fructose corn syrup	Oil, lavender	Pudding	Steak	
Canned soups	De-caf coffee	Hoagies	Oil, safflower	Pumpkin pie whipped cream	Stevia	
Cantaloupe (fungus)	De-caf cola	Hot chocolate	Oil, sesame	Quail eggs	Stout malt liquor	
Carrot cake	De-caf tea	Hot dogs, rindswurst	Oil, sunflower	Quail, commercial	Strawberry	
Carrots chlorine bath	Dill pickles	Hot tamales with lard	Oil, tea tree	Quarter pounder	Stroganoff	
Catfish	Donuts	HT = harmful herb teas	Organ dip	Queen Anne's lace (wild carrot)	Stuffing with wheat	
Celery	Duck	HT: caffeine free	Organ meats	Raclette	Sucrose	