

## Section one

Foods should be introduced in the following order every two days.

**Potatoes / Rice**

**Lamb / Chicken**

**Pear** (*fresh pears, tinned pears in natural juice and diluted natural pear juice concentrate*)

**Carrots**

**Milk**

**Eggs**

**Yeast** (*take two Brewers Yeast tablets twice a day or use Marmite as a warm drink or added to food*)

**Bread**

**Butter / Sunflower oil**

**Cheese**

**Tomato**



## Section two

These foods can then be introduced daily. The order of foods on this list may be altered; discuss this with your dietitian.

**Onions**

**Pasta**

**Peas**

**Fish**

**Orange / Orange juice**

**Nuts**

**Pulses**

**Herbs and spices**

**Corn**

**Banana**

**Chocolate**

**Tea / Coffee**

**Apple / Apple juice**



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