



ALLOWED

NOT ALLOWED

Dairy

All pasteurized, grade "A" milk and milk products.

Commercially-packaged cheese and cheese products made with pasteurized milk (i.e. mild and medium cheddar, mozzarella, parmesan, Swiss, etc.)

Pasteurized yogurt

Dry, refrigerated, and frozen pasteurized whipped topping

Ice cream, frozen yogurt, sherbet, ice cream bars, homemade milkshakes

Commercial nutritional supplements and baby formulas, liquid and powdered

Unpasteurized or raw milk, cheese, yogurt, and other milk products

Cheeses from delicatessens

Cheeses containing chili peppers or other uncooked vegetables

Cheese with molds (i.e. blue, Stilton, Roquefort, gorgonzola)

Sharp cheddar, brie, camembert, feta cheese, farmer's cheese

Vegetables

All cooked frozen or canned vegetables.

All cooked herbs and spices (add at least 5 minutes before end of cooking)

Raw vegetables, salads

Caesar Salads with Caesar dressing

Pepper

Garnishes

Uncooked herbs and spices

Fruits and Nuts

Canned and frozen fruit and fruit juices

Thick skinned fruits (oranges, bananas)

Melons cut up and used immediately

Canned or bottled roasted nuts

Nuts in baked products

Commercially packaged peanut butter

Dried fruits

Raw fruit; foods containing raw fruits

Unpasteurized fruit and vegetable juices

Raw nuts

Roasted nuts in the shell

Precut fresh fruits

Bread, Grain, and Cereal Products

All breads, bagels, rolls, pan-cakes, sweet rolls, waffles, French toast

Potato chips, corn chips, tortilla chips, pretzels, popcorn

Cooked pasta, rice, and other grain

All cereals, cooked and ready-to-eat

Raw grain products

Bakery breads, cakes, donuts, muffins

Potato/macaroni salad

Entrees, Soups

All cooked entrees and soups

All miso products (i.e. miso soup)

Meat and Meat Substitutes (con't on next page)

All well-cooked or canned meats (beef, pork, lamb, poultry, fish, shellfish, game, ham, bacon, sausage, hot dogs)

Well-cooked eggs (white cooked firm with thickened yolk acceptable, i.e. hard boiled, over hard)

Pasteurized egg substitutes (i.e. Egg Beaters)

Commercially-packaged salami, bologna, and other luncheon meats

Canned and commercially-packaged hard smoked fish, refrigerated after opening

Raw or undercooked meat, poultry, fish, game, tofu

Meats and cold cuts from delicatessen

Hard cured salami in natural wrap

Cold smoked salmon, lox

Pickled fish

Tempe (tempeh) products

Sushi

Raw oysters/clams



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Cooked tofu (which must be cut into 1" cubes or smaller and boiled a minimum of five minutes in water or broth before eating or using in recipes)

Beverages

Tap water
 Commercial bottled distilled and natural waters
 All canned, bottled, powdered beverages
 Instant and brewed coffee, tea; cold brewed tea made with boiling water
 Brewed herbal teas using commercially-packaged tea bags
 Commercial nutritional supplements, liquid and powdered

Well water (unless tested yearly and found safe)
 Cold-brewed tea made with warm or cold water sun tea
 Egg nog
 Fresh apple cider
 Homemade lemonade
 Spring water

Fats

Oil, shortening
 Refrigerated lard, margarine, butter
 Commercial shelf-stable mayonnaise and salad dressings (including cheese-based salad dressings, refrigerated after opening)

Fresh salad dressings containing aged cheese (i.e. blue, Roquefort) or raw eggs, stored in refrigerated case

Desserts

Refrigerated commercial and homemade cakes, pies, pastries, and pudding
 Refrigerated cream-filled pastries
 Homemade and commercial cookies
 Shelf-stable cream-filled cupcakes (i.e. Twinkies, Ding Dong), fruit pies (i.e. Poptarts, Hostess frit pies), and canned pudding

Unrefrigerated cream-filled pastry products (not shelf-stable)
 Cream or custard filled donuts

Other

Salt, granulated sugar, brown sugar
 Jam, jelly, syrups (refrigerated after opening)
 Commercially-packaged (pasteurized) honey
 Catsup, mustard, BBQ sauce, soy sauce, other condiments (refrigerated after opening)
 Pickles, pickle relish, olives (refrigerated after opening)

Raw or unpasteurized honey
 Herbal and non-traditional (health food store) nutritional supplements, Chinese herbs
 Brewers yeast, if eaten uncooked