

The Most Common Causes of Food Sensitivity



Dairy



Gluten



Grains



Nuts and/or seeds



Yeast



Soy



Caffeine



Sugar



Citrus fruits



Eggs

yolks and whites may cause differing sensitivities, so re-introduce separately



Nightshades

including tomatoes, potatoes, eggplant, peppers



Processed foods

containing artificial colors, additives, and preservatives such as MSG, soy, and benzoates

The Food Sensitivity Diet

Alice C. Richer



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