

Your Low Glutamate Diet Cheat Sheet

Fresh Vegetables

Eat at least 4-5 servings of raw or cooked high fiber vegetables every day. (1 serving = 1 cup of raw vegetables or ½ cup of cooked vegetables). About 75% of your diet should consist of vegetables. When trying to decide which vegetables to eat, aim for the most colorful ones. Make sure to **avoid** the following vegetables: **Tomatoes, mushrooms, broccoli, peas, corn, and potatoes.**



Fresh Fruit

Eat fresh fruits every day. (1 serving = ½ cup of fresh fruit). Fruits should comprise about 5% of your daily food intake. When trying to decide which fruits to eat, aim for the most colorful ones. Here are some suggestions: **cherries, blueberries, apples, and oranges.** Grapes should be avoided. Tip: Make fruit your dessert.



Oils/Fats

Eat healthy oils and fats, like **olive oil**, every day. Healthy fats/oils should comprise about 10% of your daily food intake. Tip: You can use olive oil to cook.



Gluten-Free Unprocessed Carbohydrates

Choose whole, unprocessed carbohydrates rather than refined and processed carbs. (1 serving = 1 slice bread or ½ cup cooked oatmeal). These carbohydrates should also be gluten-free. Here are some suggestions: **Brown rice, quinoa, whole fruits and vegetables.**



Whole Protein

Eat whole proteins every day. (1 serving = 3 oz., or the size of a checkbook). Protein should consist of 10% of your daily food intake. Avoid lunch meats, especially cured ham, and slow cooking meats, as this frees up more glutamates from the protein. Some fish, like scallops, oysters, and anchovies should also be avoided. Here are some low-glutamate protein suggestions: **Wild caught salmon, cod, and chicken.**



❖ **Diary, processed foods, and sweets should be limited.**
***Consult with your doctor about any individualized dietary needs.**