



Blueberry
Absorption
Metabolism

NC STATE UNIVERSITY
**Plants for
Human Health**
INSTITUTE



Food Exclusion and Alternatives List (for 7 days preceding each clinic visit)

Version 1

09/24/2019

Food to Exclude from Diet	Foods to Limit*	Suggested Alternatives
FRUITS (including products containing them)		
Berries: Bilberry, Blackberry, Blueberries, Cranberry, Elderberry, Lingonberry, Raspberry and Strawberry Blackcurrant Currants Pomegranate Plum Prunes Raisins Redcurrant Red apples Red or blood orange Red/purple/blue grape	Apricots Orange/citrus Pear Mango Grapefruit Green apples Green grapes	Avocado Banana Clementine Kiwi Lemon Melon Nectarine Peach Pineapple
VEGETABLES (including products containing them)		
Barley Black olives Eggplant Nut skin Purple carrots Radish Red or black beans Red cabbage Red onion Red/purple potato Soybean and soy-based foods	Beetroot Brussel sprouts Green olives Oregano Parsley Purple basil Purple corn Rhubarb Spinach Sweet corn White onion	Broccoli Carrots Cauliflower Celery Cucumber Green/white cabbage Green bean Leek Lentil Lettuce Parsnip Pepper Peas Pumpkin Rice Tomato Shallot Zucchini
BEVERAGES (including products containing them)		
Juices derived from any above listed berries, fruits or vegetables Red wine Energy drinks, e.g. Red Bull, Powerade, Gatorade	Coke/cola <i>-a maximum of 2 medium cups (12-16 oz.) a day of tea and coffee.</i> <i>-**Food and Drugs Administration recommends no more than 7 alcoholic drinks per week for women and 14 drinks per week for men</i>	Carbonated drinks, e.g. Sprite Fruit juices from non-berry sources, e.g. green apple and white grape juice etc. Lager, cider, spirits/liquor Malted drinks Milk Water White wine
OTHERS (including products containing them)		
Cinnamon Dark Cocoa/chocolate Jams, sauces or dessert toppings derived from any above listed berries or fruits	Cured and canned meat (e.g. bacon, ham, sausage, corned beef), Smoked fish Purple corn tortillas or crisps	Milk or white chocolate Fresh meat (e.g. chicken, turkey, beef, pork, lamb) Fresh fish

*Please, consume a maximum combined intake of 10 portions per week from the 'FOODS TO LIMIT' (yellow column). **Portion Sizes:** a portion is about 1 medium sized piece of fruit such as an apple, 1 medium cup (12-16 oz.) of tea/coffee, or 3.5 oz. of vegetables. If you are in doubt about a specific food, a good rule of thumb is "if it's red or blue, then it's not for you". **A drink of alcohol is defined as about 12 fl oz. of 5% alcohol beer, 5 fl oz. of 12% alcohol wine, 1.5 fl oz. of 80 Proof distilled spirits (40% alcohol) according to the U.S. Department of Health and Human Services and U.S. Department of Agriculture Dietary guidelines 2015-2020.