



CITRUS - FREE DIET

If there is a sensitivity to Fruit avoid the following:

Orange	Satsuma
Lemon	Clementine
Grapefruit	Uglifru
Lime	Angostura
Tangerine	

The whole fruit, or just the juice, skin, or the flavour, are all used in manufacturing.

Foods to avoid on a citrus-free diet:

Sweets and confectionery	Sponge Jellies	Pickles
Ice-creams	Flavoured yoghurts	Chutneys
Flavourings	Garnishes, i.e. slices or wedges of lemon	Lemon Tea
Candied peel	Lime and oranges	Oil/lemon salad dressings
Fruit squashes and drinks	Lemonade	Fish & Poultry dishes e.g. prawn cocktail, fish casserole, duck with orange, lemon chicken
Fruit juice - canned, frozen or in cartons	Lemon barley water	
Fruit juice – fresh	Bioflavonoid supplements unless synthetic	Marinades for kebabs
Cakes	Angostura bitters	Sweet and sour sauces made with orange juice
Biscuits	Alcoholic drinks decorated with citrus e.g. Gin and tonic	Orange flower water
Cookies		Citrus flavoured toothpaste
Cheese cakes	Sauces	

Some E numbers indicate the inclusion of citrus, and food should be avoided where these E numbers are listed on the label: E330, E331, E332, E333, E334, E440(A), E450(B), E472(C).