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Fermentable Fruit & Vegetables TO CUT BACK ON
(maximum allowed in brackets)

FRUITS:

Apples	Custard Apples
Apple and Pear based Fruit Juice/Cider	Clingstone Peaches
Apricots	Blackberries
Pears	Tamarillo
Mango	Rambutan
Nashi Pears	Dried Fruit
Peaches	Lychees (5)
Papaya	Cherries (3)
Plums	Grapefruit (½)
Tinned Fruit in Natural Juice	
Watermelon	
Pomegranate	
Persimmon	
Nectarines	

VEGETABLES:

Garlic	Cabbage
Onion Family – Spring, Spanish, Shallots, Leeks, White & Brown Onions	Sweet potato (1/4 cup)
Broccoli	Beans – baked/cannellini/broad/butter
Cauliflower	Chick peas/lentils
Avocado	Celery (½ stick)
Asparagus	Okra
Beetroot	Artichokes
Green beans (6)	Brussel Sprouts
Peas – Green, Sugar Snap & Snow	
Mushrooms	
Fennel	