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FOODS CONTAINING PHENYLISOTHIOCYANATE

Beans (Lima & Pinto)

Beans (Soya)

Broccoli

Brussel Sprouts

Cocoa

Chocolate

Lamb

Milk (all)

Onions

Peas

Peppercorn

Radish

Tomato

Turnip

P.I.T.C. is probably also in red, green and yellow peppers.

Avoidance should be TOTAL for a least the first month, and thereafter depending on response and challenge.

The main difficulty is milk avoidance as soya is also banned. The only alternatives are oat milk, rice milk or vegetable based 'creamers'.