



# LIST OF FOODS FOR CITRIN DEFICIENCY



## SAFE TO EAT:

- Eggs
- Meat (Chicken, Pork, Beef, Sausage, Bacon etc...)
- Yogurt
- Cheese
- Salmon
- Soy rich food/drink (Tofu, Soy Milk)
- Nuts
- Butter
- Whipped cream
- Citrus fruits (e.g. lemon)
- Berries
- Green Vegetables



## BEST NOT TO EAT/DRINK: SUGAR RICH FOOD OR TOO MUCH CARBOHYDRATES

- Alcohol (Avoid)
- Miso and tempeh
- Jam
- Sweets and Candies
- Juice (including energy drinks)
- Honey
- Sweet corn
- Sweet beans
- Cakes

