

HERPES DIET

Food to Emphasize

Especially during active cases of Herpes

- Dairy products if not allergic to them (Cheese, Yogurt, Kefir, Cottage Cheese, Sour Cream, Milk).
- All Fish & Seafood
- Chicken
- Turkey
- Eggs
- Organ Meats
- Potatoes
- Brewers Yeast

Foods to be Eaten with Discretion

These foods must be balanced with L-Lysine and food in the first group. During active herpes, these foods must be eliminated.

- Whole grain products (Cereals, Bread, Pasta, Pancakes, Lentils, Barley and other Grains).
- Oats
- Corn
- Rice
- Peas & Beans
- Sprouts
- Chick Peas
- Carob
- Foods containing seeds (Eggplant, Tomato, Squash)
- Fruits and Berries which contain seeds may be eaten.
- Citrus Fruits (may irritate canker sores)

Foods to Avoid

- Chocolate
- Peanuts and Peanut Butter
- Sugar
- Cakes and Sweets
- Alcohol
- Coffee & Tea
- Nuts (Almonds, Brazil Nuts, Cashews, Filberts, Pecans, Walnuts)
- Seed Meal (Tahini, Sesame Butter)
- Sunflower Seeds
- Coconut
- Bleached White Flour Foods