



The Hydrogen Sulphide Diet

For Hydrogen Sulphide SIBO and/or LIBO

Foods To Avoid

Cow's milk	Sulphite containing food additives found in wine, dried fruit, cordial, anything with sulphite mentioned on the label)
Cheese	Garlic
Eggs	Onions
Meats	Horseradish
Cruciferous vegetables (broccoli, cabbage, kale, cauliflower, mustard greens, collards, Brussels sprouts, etc.)	Cooking: Sulphur cannot be reduced by heat. Cooking may break down some compounds that bind sulphur and thus make it easier to remove sulphur into the cooking water or vaporise into the air through steam.

What To Eat

Protein: fish and poultry are lower sulphur sources of protein for meat-eaters, and for vegetarians, legumes (beans and peas).	Vegetables that are good to eat include avocado, carrots, celery, tomato, sweet potato, beets, chard, spinach, cucumber, bamboo shoots, alfalfa sprouts, squash, pumpkin, eggplant, green peppers (capsicum). For spice, consider ginger and chili peppers.
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TIP: often people react to one food more than others, e.g. kale.
 You can avoid all foods in the “avoid” category for 4-6 weeks, then reintroduce less reactive sulphur containing foods one by one.

DISCLAIMER: this guide is not intended as medical advice. If you are a patient, please ask your medical provider if these products are indicated in your case.