

## High Phenol Foods

Phenolics are chemicals naturally occurring in many foods but may also be present in additives. Sensitive children have a threshold for tolerance.

Parents need to monitor total load of phenols through the day to avoid tipping the child into a reaction from the accumulated phenols.

Phenolic compounds give colour, taste, flavour and smell to foods. They are also present in salicylates, amines, colours and preservatives.

High phenol foods include:

- food dyes, -tomatoes,
- apples, -peanuts,
- bananas, -chocolate
- oranges -orange juice
- cocoa, -red grapes
- milk./cheese -Vanillin flavour
- carob -Strong odours

Typical possible reactions to an over accumulation of phenolic foods in a sensitive child may include some of the following:

- Red ears and/or face
- Night sweats
- Smelly head /bed/stools-acrid
- Bloating stomach, rash, thirst
- Poor toxin removal
- Poor tolerance of high phenol foods
- Dark circles under the eyes
- Hyperactivity, aggression
- Headache, head banging or other self-injury
- Inappropriate laughter
- Difficulty falling asleep at night, and night waking for several hours

*ACNEM biomedical practitioner guidelines, Dr Debbie Fewtrell, IMHI clinical project*