

Herpes Diet

The herpes virus proliferates in environments high in the amino acid arginine and dies in an environment high in lysine. This is the rationale behind these diet suggestions, but this is only one aspect of avoiding herpes outbreaks.

Foods To Emphasize

Especially during active cases of herpes

- Dairy Products (cheese, yoghurt, kefir, cottage cheese, sour cream, milk)
- All fish and seafood
- Chicken
- Eggs
- Organ Meats
- Potatoes
- Brewer's Yeast

Foods To Be Eaten With Discretion

These food must be balanced with l-lysine and foods in the first group. During active herpes these foods must be eliminated.

- Whole grains products (cereals, bread, pasta, pancakes, etc.)
- Lentils, barley, and other grains
- Soybeans and soy products
- Oats
- Corn
- Rice
- Peas and Beans
- Sprouts
- Chick Peas
- Carob
- Foods containing seeds (eggplant, tomato, squash)
- Fruits and berries which contain seeds which may be eaten
- Citrus fruits (may irritate canker sores)

Foods To Avoid

- Chocolate
- Peanut's and peanut Butter
- Sugar
- Cakes and sweets
- Alcohol
- Coffee and tea
- Nuts (almonds, brazil nuts, cashews, filberts, pecans, walnuts)
- Sunflower seeds
- Coconut
- Bleached white flour foods

