

I feel compelled to mention this site as more than just a link. There are extensive sections on allergy/asthma food related problems and advice on how to go about eliminating problem foods. Some problems are caused for people by the foods themselves ie. wheat, eggs, soy, etc. but some are harder to detect - salicylates and amines that occur naturally in foods like tomatoes, mushrooms, chocolate and avacodos - foods that are usually good for most people. Then, of course, there are the usual culprits of additives like sulfites, msg, carageenan, etc.

All in all, this is one of the best sites I've seen with documenting various problems and diseases and the foods that will either help them or make them worse. Visit the site at [World's Healthiest Foods](#). "The George Mateljan Foundation, a not-for-profit foundation with no commercial interests, is a new force for change to help make a healthier you and a healthier world." Part of the reason I started my urban garden and My City Garden.Net was to grow some foods like greens, herbs, tomatoes, and some fruits in an urban environment and have them be fresh and absolutely free of chemicals, etc.