

G6PD Deficiency Food To Avoid

Some of the foods commonly eaten around the world can cause people with G6PD Deficiency to hemolyze. Some of these foods can be deadly (like fava beans). Some others can cause low level hemolysis, which means that red blood cells die, but not enough to cause the person to go to the hospital. Low level hemolysis over time can cause other problems, such as memory dysfunction, over worked spleen, liver and heart, and iron overload. Even though a G6PD Deficient person may not have a crises when consuming these foods, they should be avoided.

- **Fava beans and other legumes**

This list contains every legumes we could find, but there may be other names for them that we do not know about. Low level hemolysis is very hard to detect and can cause other problems, so we recommend the avoidance of all legumes.

- **Sulfites**

And foods containing them. Sulfites are used in a wide variety of foods, so be sure to check labels carefully.

- **Menthol**

And foods containing it. This can be difficult to avoid as toothpaste, candy, breath mints, mouth wash and many other products have menthol added to them. Mint from natural mint oils is alright to consume.

- **Artificial blue food coloring**

Other artificial food color can also cause hemolysis. Natural food color such as found in foods like turmeric or grapes is okay.

- **Ascorbic acid**

Artificial ascorbic acid commonly put in food and vitamins can cause hemolysis in large doses and should be avoided. It is put into so many foods that you can be getting a lot of Ascorbic Acid without realizing it. See Ascorbic acid for more information about iron absorption and ascorbic acid.

- **Vitamin K**

This is from drugbank: “Menadione (Vitamin K3), which is not used as a nutritional supplemental form of vitamin K for humans, has been reported to cause adverse reactions, including hemolytic anemia. Large doses have also been reported to cause brain damage. Vitamin K administered to newborns with G6PD Deficiency has been known to cause adverse outcomes including hemolytic anemia, neonatal brain or liver damage, or neonatal death in some cases.

- **Tonic water**

(contains quinine, a contraindicated drug which causes hemolysis in G6PDD people)

- **Bitter Gourd and Garden Egg**

Bitter Gourd is also known as Bitter Mellon. These are common foods in some parts of Africa and Asia.

- **Some Chinese Herbs**

Particularly Rhizoma Coptidis (huang lien), Calculus Bovis (neu huang), Flos Chimionanthi Praecocis (leh mei hua), Flos Lonicerae (kam ngan fa) and Margarita or anything containing them.

List of Legumes for Those With Glucose-6-Phosphate Dehydrogenase (G6PD) Deficiency and Favism

Fava beans are contraindicated for people with G6PD Deficiency, however, many people also react to varying degrees to many or all legumes. Many times the reaction is not a full blown hemolysis where hospitalization is required, but does cause hemolysis of a lesser degree. Over time, these smaller hemolysis events can lead to other more serious complications or related disorders. See [Why We Recommend Avoiding Legumes](#) for more information. The list is provided as an aid to those wishing to abstain from all legumes. If you would like more information about legumes and g6pd deficiency, [Plants Of Life, Plants of Death](#) has an interesting discussion.

Beans

- | | |
|-----------------------------|------------------------|
| • adzuki bean | • canaria bean |
| • adzuki bean | |
| • anasazi beans | |
| • appaloose bean | • Madagascar bean |
| • asuki bean | • maicoba bean |
| • azufrado bean | • maine Yellow eye |
| • azuki bean | • mayocoba bean |
| • baby lima bean | • marrow bean |
| • bayo bean | • mauritius bean |
| • bengal bean | • Mexican black bean |
| • black azuki bean | • Mexican red bean |
| • black bean | • molasses face bean |
| • black turtle bean | • mortgage lifter bean |
| • bolita bean | • mortgage runner bean |
| • bonavist bean | • moth dal |
| • borlotti bean | • mucuna bean |
| • Boston bean | • mucuna pruriens |
| • Boston navy bean | • mucuna prurita |
| • broad bean | • mung bean |
| • brown speckled cow bean | • mung pea |
| • buffalo bean | • mungo bean |
| • butter bean | • navy bean |
| • butterscotch calypso bean | • nescafe |
| • calypso bean | |

- orca bean
- pea bean
- pearl haricot

- Canario bean
- Cannellini bean
- Chestnut lima bean
- Chili bean
- Christmas lima bean
- Cabeca-de-frade
- Chiporro
- Coco bean-French white bean
- Coco blanc bean-French white bean
- Crab eye bean
- Couhage
- Cowage
- Cowhage
- Cowitch
- Cranberry bean
- Dermosan bean
- Dolichos pruriens
- Edamame
- Egyptian bean
- Egyptian white broad bean
- English bean
- European soldier bean
- Eye of the goat bean
- Faba
- Fagiolo romano
- Fava bean
- Fava-coceira
- Fayot
- Fazolia bean
- Feijao bean
- Feve
- Field pea
- Flageolet
- Fool
- Foul
- Frijole bola roja
- Frijole negro
- Fuji mame
- Ful
- Great northern bean
- Green gram
- Haba
- Habas
- haricot blanc bean
- Horse bean
- Hyacinth bean

- Peruano bean
- Peruvian bean

- Itchy bean
- Indian bean
- Jackson wonder bean
- Jacob's cattle bean
- Krame
- Kidney bean
- lablab bean
- picapica
- pink bean
- pinto bean
- po de mico
- prince bean
- purple appaloosa bean
- rajma
- rattlesnake bean
- red ball bean
- red bean
- red eye bean
- red chori
- red kidney bean
- red oriental bean
- rice bean
- rosecoco bean
- roman bean
- runner bean
- saluggia
- salugia bean
- scarlet runner bean
- setae siliquae hirsutae
- shell bean
- small red bean
- small white bean
- soy bean
- soya bean
- soybean
- Spanish black bean
- Spanish tolosana ben
- Specked brown cow bean
- Steuben yellow bean
- Steuben yellow eye bean
- Stizolobium pruriens
- Sweet bean
- Swedish brown bean
- Tapary bean
- Tepary bean
- Tiensin red bean

- Tolosana bean
- Tongues of fire bean
- Tremmocos
- Trout bean
- Turtle ben
- Turtle soup bean
- Vallarta bean
- Lima bean
- Lingot bean
- Lupini bean
- Val
- Velvet bean
- Wax bean
- Shit bean
- White kidney bean
- White pea bean
- Windsor bean
- Yankee bean
- Yellow Indian woman bean
- Yin yang bean

Snap Beans

- Asparagus bean
- Asparagus pea
- Bodi
- Boonchi
- Chepil
- Chinese long bean
- Dau gok
- Dow gok
- Dragon tongue bean
- French bean
- French green bean
- Four-angled bean
- Goa bean
- Green bean
- Haricot verts
- Italian flat bean
- Long bean
- Manila bean
- Princess pea
- Romano bean
- Runner bean
- Sator
- Snap bean
- String bean
- Thailand long bean
- Wax bean
- Winged bean
- Winged pea
- Yard-long bean

Edible Pods

- Chinese pea pod
- Chinese pea
- Chinese snow pea
- Edible-podded pea
- Mange-tout pea
- Snow pea
- Sugar pea
- Sugar snap

Bean products

- Black beans in salted sauce
- Black salted fermented bean
- Chinese black bean
- Dow see
- Fermented black bean
- Frijoles refritos
- Refried beans
- Salted black bean
- Salty black bean

Lentils

- Arhar
- Arhar dal
- Beluga black lentil
- Beluga bentil
- Bengal gram
- Black beluga lentil
- Black chickpeas
- Black gram

- Black lentil
- Lablab beans
- Lentils du Puy
- Lentils vertes du Puy
- Masar
- masar dal

- masoor
- massor dal
- matki
- moath

- Brown lentil
- Channa dal
- Chana dal
- Chilke urad
- Chowli dal
- Continental lentil
- Dal
- Daal
- Dhal
- Dhal
- Dhall
- Egyptian lentil
- French green lentils
- German lentil
- Gram dal
- Green lentil
- Horse gram
- Indian brown lentil

- Kala channa
- Kali dal
- Moong dal
- Mussoor
- Mussor dal
- Petite beluga lentil
- Puy lentil
- Red lentil
- Toor
- Toor dal
- Tuvar dal
- Tur
- Tur dal
- Urad dal
- Val dal
- White lentil
- Yellow lentil

Peas

- Bengal gram
- Black-eyed pea
- Black-eye bean
- Black-eye pea
- Black-eyed suzy
- Ceci bean
- Cici bean
- China bean
- Chawli
- Chickpea
- Chick-pea
- Chole
- Congo pea
- Congo bean
- Cowpea
- Crowder pea
- Dried peas
- Egyptian pea
- Field peas
- Fresh peas
- Gandules

- Garbanzo bean
- Garbanzo pea
- Garbonzo bean
- Gongoo pea
- Green pea
- Green matar dal
- Green split pea
- Gunga pea
- Kabuli channa
- Kabli chana
- Kabli channa
- Lobia
- Locust bean
- Lombardia
- No-eyed peas
- Pigeon pea
- Posi chiches
- Poor man's pea
- Southern pea
- White chickpea
- Yellow pea

- Yellow matar dal
- Yellow-eyed pea
- Gungo pea

Soy Products

- Abura-age
- Aburage
- Aka miso
- Akamiso
- Atsi-age
- Atsuage
- Bamboo yuba
- Barley miso
- Awase miso
- Bean cheese
- Bean curd
- Bean curd sheets
- Bean curd skins
- Bean curd stick
- Bean paste
- Bean sauce
- Bean stick
- Brown rice miso
- Chinese yuba
- Dark miso
- Deep fat fried tofu
- Deep-fried tofu
- Doufu
- Dow fu kon
- Dried bean curd stick
- Dried bean stick
- Extra-firm tofu
- Fermented bean cake
- Fermented bean curd
- Fermented soy cheese
- Firm tofu
- Foo yu
- Fried bean curd
- Fu jook pei
- Fu yi
- Fu yu
- Genmai miso
- Hat-cho miso
- Inaka miso
- Imariage
- Kinu-goshi
- Kirazu
- Kyoto shiro miso
- Mame miso
- Medium tofu
- Mellow white miso
- Miso
- Mugi miso
- Nama-age
- Nama mori san
- Nato
- Natto
- Nattou
- Nigari tofu
- Okara
- Plant protein
- Preserved bean curd
- Pressed tofu
- Protein crumbles
- Red miso
- Regular tofu
- Roasted soybeans
- Sendai miso
- Shinshu miso
- shiro miso
- silken tofu
- soft tofu
- spy cheese
- spu mayonnaise
- soy milk
- soy milk skins
- soy sour cream
- soy nuts
- soy yogurt
- soya cheese
- soya mayonnaise
- soybean curd
- soybean paper

- soybean paste
- soynuts
- soy nut butter
- sui-doufu
- sweet miso
- sweet white miso
- tempeh
- textured soy protein
- Textured vegetable protein
- Tofu
- Tofu mayonnaise
- yuba
- Tofu sour cream
- TSP
- TVP
- uba
- unohana
- usu-age
- ususage
- vegetable protein
- wet bean curd
- white miso
- yellow miso

Vegetable Gum Thickeners

These are either made from legumes, or can be made from legumes

- Albumin – from peas
- Acacia gum
- Carob bean gum
- Flavoring or natural flavoring
- Gum Arabic
- Guar gum
- Lecithin
- Locust bean gum
- Monosodium glutamate (from soy)
- Tara seed gum
- Tragacanth
- Vegetable broth (soy or even fava beans)
- Vegetable emulsifier
- Vegetable glycerin
- Vegetable gelatin
- Vegetable stabilizer

Other Legumes

- Alfalfa sprouts
- Astragalus (herbal medicine)
- Carob (chocolate substitute)
- Fenugreek
- Jicama
- Licorice
- Peanuts
- Rooibos
- Red Tea
- African Red Tea
- Senna or Cassia
- Singkamas
- Tamarind
- Vetch family (Not normally used for food)

Other Foods Likely to Contain Hidden Soy or Legume Additives

- Artificial butter flavor
- Baked goods
- Candies
- Canned meats or tuna
- Canned soups
- Chips
- Chinese food
- Gravy mixes
- Infant formula
- Low fat cheeses or cheese substitutes
- Margarine
- Sausages, hot dogs, processed meats
- Sauces (Worcestershire. Sweet and Sour etc)
- Salad Dressings
- Stock or bouillon
- Tofutti
- Powdered foods

Why We Recommend Avoiding Legumes

There is a lot of controversy about legumes causing hemolysis in G6PD Deficient patients. In order to address this issue, I will first address the issue of varying degrees of hemolysis

Low level hemolysis

Most doctors and other medical professionals see hemolysis in G6PDD patients as an all or nothing problem. If you don't hemolyze badly enough to send you to the hospital, you're fine. I strongly disagree with this for the following reasons:

- If that were true, all hemolytic events would end in death, and this is not correct. The vast majority of hemolytic events are mild enough for the body to compensate for without intervention. Following this reasoning, it is only logical that hemolysis can happen from very mild to very severe, depending on circumstances such as health, stress, trigger, age, etc.
- Many people go for years experiencing hemolysis without knowing it. They can have other health issues that eventually lead to the discovery that they have G6PDD, or they eventually have a hemolytic crises. I have received countless emails from people in this category. Their health issues run from liver, heart, blindness, renal spleen and chronic yellow color to skin, to death in some cases. These problems can occur from early in life to later in life. Many families discover G6PDD runs in their family only after the needless death or serious illness, cause by G6PDD complications, of a family member.

What Causes Hemolysis

Now that we know that hemolysis varies in intensity, let's discuss the cause of hemolysis. When a red blood cell comes into contact with an oxidative substance, an RBC with sufficient G6PD to reduce glutathione will neutralize the oxidative substance rendering it harmless. Those with G6PDD cannot reduce enough glutathione to protect RBCs from damage so, the oxidative substance destroys the RBC. It is my opinion that this happens to everyone with G6PDD, regardless of which variant they have. What is more important than variant is the degree of G6PDD the person has. One person may have more G6PD than another so that person is able to produce more reduced glutathione to protect RBCs than a person with less G6PD. For the purpose of this discussion both less G6PD and less effective G6PD are considered the same.

Legumes and Hemolysis

Now I will discuss legumes. In every contraindicated list I have ever seen, fava beans, or broad beans, are considered contraindicated for all variants of G6PDD, yet some insist that all variants of G6PDD do not exhibit favism. The definition of favism is a condition that causes hemolysis from exposure to fava beans. As of now I have never seen a research paper or other proof as to the exact chemical, or chemicals, in fava beans that cause hemolysis.

Over the past few years, some people using hemoglobin meters have shown that many other legumes also cause hemolysis to varying degrees. Again, it is my opinion that all people react to these substances, but to varying degrees depending on severity of G6PDD, health, etc, as described above.

Because low level hemolysis (or mild hemolysis) is very hard to detect, it is logical that many people believe that they are not reacting to legumes or other substances that cause low level hemolysis. But, low level hemolysis can be very dangerous over time. Our bodies must generate more RBCs to compensate for the ones that are destroyed and the destroyed RBCs must be cleaned up. This process takes resources needed for healthy bodies, consequently we are more susceptible to other diseases and they can be more severe than when we are not undergoing low level hemolysis.

Medical research is far behind when it comes to legumes and G6PDD. Because I have had so much success in stopping hemolysis by avoiding all legumes and products containing them, I recommend that



they be avoided. Hopefully, someday maybe medical research will provide us with more information concerning the exact chemicals they contain that causes hemolysis.