**Ant-Viral Diet**

The following foods are high in Arginine and should be avoided if dealing with viral infection:

1. Almonds
2. Chocolate
3. Brown Rice
4. Sunflower Seeds
5. Pecans
6. Peanuts
7. Whole Wheat Bread
8. Oatmeal
9. Millet
10. Corn
11. Soybean
12. Onions
13. Brussel Sprouts
14. Sesame Seeds
15. Walnuts
16. Wheat Germ
17. Split Peas
18. Caffeine

Lysine should be supplemented to interfere with viral replication.