



Food Group	Highly Beneficial	Neutral	Avoid	Food Group		
Meats & Poultry	None	chicken cornish hens turkey	bacon, beef buffalo, duck goose, ham heart, lamb, liver, mutton	partridge, pheasant pork, quail, rabbit, veal venison		
Seafood	carp, cod grouper mackerel monkfish pickrel	red snapper rainbow trout salmon sardine sea trout silver perch snail whitefish yellow perch	abalone albacore (tuna) mahi-mahi ocean perch pike porgy sailfish	sea bass shark smelt snapper sturgeon swordfish weakfish white perch yellowtail	anchovy, barracuda beluga, bluefish, bluegill bass, catfish caviar, clam, conch crab, crayfish, eel flounder, frog gray sole, haddock hake, halibut herring, lobster	lox (smoked salmon) mussels, octopus oysters, scallop shad, shrimp, sole squid striped bass tilefish, turtle
Dairy & Eggs	soya cheese soy milk	eggs farmer feta goat cheese kefir mozzarella ricotta string cheese yogurt: plain, fruit, frozen	american cheese blue cheese, brie butter, buttermilk camembert, casein cheddar, colby cream cheese cottage cheese, edam emmental, gouda	gruyere, ice cream jarlsburg monterey jack munster newfchatel parmesan provolone, sherbet skim or 2%, swiss whey, whole milk		
Oils & Fats	flaxseed oil olive oil	canola oil cod liver oil	corn oil, peanut oil cottonseed oil	safflower oil sesame oil		
Nuts & Seeds	peanuts peanut butter pumpkin seeds	almonds almond butter chestnuts filberts, hickory litchi, walnuts macadamia	pignola (pine) poppy seeds sesame butter sesame seeds sunflower butter sunflower seeds	brazil cashews pistachios		



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Beans & Legumes	Beans: aduki, axuki, black, green, pinto, red soy Lentils: domestic, green, red Peas: black-eyed	Beans: broad, cannellini, fava, jicama, snap, string, white Peas: green, pods, snow	Beans: copper, garbanzo, kidney, lima, navy, red, tamarind
Cereals	amaranth buckwheat kasha	barley cornflakes cornmeal cream of rice kamut millet, puffed	oat bran oatmeal rice bran rice, puffed spelt cream of wheat seven-grain shredded wheat farina wheat bran granola wheat germ grape nuts
Breads & Muffins	sprouted seed breads (Essene, Manna & Sunnyvale Bakery brands) rice cakes soya flour bread sprouted wheat bread	bagels, wheat brown rice bread corn muffins fin crisp, millet cluten-free bread ideal flat bread kamut bread	oat bran muffins 100% rye bread rye crisps rye vita soy flour bread spelt bread wasa bread durum wheat english muffins high-protein bread matzos, wheat multi-grain bread pumpernickel wheat bran muffins whole wheat bread
Grains & Pasta	buckwheat kasha Flour: oat, rice,rye Noodles: soba Pasta: artichoke	Flour: barley, bulghur wheat, durum wheat, gluten, graham, spelt, srrouded wheat	couscous noodles: spelt quinoa rice: basmati, brown, white, wild Flour: white, whole wheat Pasta: semolina, spinach
Vegetables	artichokes, okra beet leaves broccoli garlic carrots, chicory collard greens dandelion, kale escarole, horseradish kohlrabi, leek lettuce, romaine	onions, red onions, spanish onions, yellow parsley, parsnips pumpkin, spinach sprouts, alfalfa swiss chard tempeh tofu turnips	arugula, ginger asparagus, beets avocado,fennel bamboo shoots bok choy, corn caraway, celery cauliflower, dill chervil, watercress cucumber, endive daikon radish, Sprouts:brussels, mung, radish fiddlehead ferns lettuces, seaweed Mushrooms: enoki, portobello, oyster mustard greens olives/onions - green water chestnut radicchio, coriander radishes, rappini rutabaga, zucchini scallions/shallots squash: all types Cabbage: chinese, red, white Peppers: green, jalapeno, red, yellow Potatoes: sweet, red, white tomatoes yams eggplant lima beans Mushrooms: domestic, shiitake Mustard greens Olives: black, greek, spanish



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Fruit	apricots blackberries blueberries boysenberries cherries cranberries figs	grapefruit lemons pineapple plums prunes raisins	apples, currants elderberries gooseberries Grapes: all types dates, guava kiwi, kumquat loganberries Melon: canang, casaba, christmas, crenshaw, musk, spanish watermelon, limes nectarines, pears peaches, starfruit persimmons pomegranates, prickly pear strawberries	bananas coconuts mangoes oranges papayas plantains rhubarb tangerines Melon: cantaloupe, honeydew
Juices & Fluids	apricot, carrot celery, prune cherry, black	grapefruit pineapple water (with lemon)	apple, cranberry apple cider cabbage, grape Vegetable (with corresponding highlighted veg)	orange papaya tomato
Spices	barley malt garlic ginger miso soy sauce tamari	blackstrap molasses	agar, allspice, dill almond extract anise, arrowroot, barley malt, basil, bay leaf, bergamot brown rice syrup cardamom carob chervil chives chocolate honey cinnamon cloves coriander corn starch corn syrup cream - tartar cumin curry horseradish, kelp, maple syrup, mint, marjoram nutmeg marjoram oregano paprika, parsley, peppermint, saffron, pimiento, rice syrup, rosemary, sage, salt, savory, spearmint, sucanat, sugar - all, tamarind tapioca tarragon thyme, turmeric vanilla	capers gelatin, plain vanilla wintergreen Pepper: black ground, cayenne, peppercorn, white Vinegar: apple cider, balsamic red, white



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Condiments	mustard	Jam, Jelly - from acceptable fruits salad dressing (low fat)	Pickles: dill, kosher, sweet, sour, relish ketchup mayonnaise worcestershire sauce
Herbal Teas	alfalfa aloe burdock chamomile echinacea fenugreek ginger ginseng	green tea hawthorne milk thistle rose hips St. John's wort slippery elm valerian	chickweed coltsfoot dandelion dong quai elder gentian goldenseal hops horehound licorice root linden mulberry mullein parsley
Miscellaneous Beverages	Tea: green Wine: red	peppermint raspberry leaf sage sarsaparilla senna shepherd's purse skullcap spearmint strawberry leaf thyme vervain white birch white oak bark yarrow	Wine: white beer Coffee: decaf, regular (organic) Liquor, distilled seltzer water sodas Tea: black decaf, black regular