



Food Group	Highly Beneficial	Neutral	Avoid
Meats & Poultry	lamb mutton rabbit venison	beef buffalo liver pheasant turkey veal	bacon chicken cornish hen duck goose ham heart partridge pork quail
Seafood	cod flounder grouper haddock hake halibut mackerel mahi-mahi monkfish ocean perch pickerel pike porgy salmon sea trout shad sole sturgeon sturgeon eggs (caviar)	abalone albacore (tuna) bluefish carp catfish herring (fresh) herring (pickled) rainbow trout red snapper sailfish snapper scallop shark silver perch smelt squid (calimari) swordfish weakfish white perch whitefish yellow perch tilefish	anchovy barracuda beluga bluegill bass clam conch crab crayfish eel frog lobster lox(smoked salmon) mussels octopus oysters sea bass shrimp snail striped bass turtle yellowtail
Dairy & Eggs	cottage cheese farmer feta goat chees goat milk kefir mozzarella ricotta skim or 2% milk yogurt yogurt with fruit yogurt, frozen	brie butter buttermilk camembert casein cheddar colby cream cheese edam emmenthal gouda gruyere jarlsburg monterey jack munster neufchatel parmesan provolone sherbet, whey soy cheese soy milk, swiss whole milk eggs	american cheese blue cheese ice cream sring cheese
Oils & Fats	olive oil	flax oil cod liver oil	corn oil cottonseed oil peanut oil oil safflower oil sesame oil sunflower canola oil



Food Group	Highly Beneficial	Neutral	Avoid
Nuts & Seeds	None	almonds almond butter brazil nuts chestnuts hickory	litchi macadamia pecans walnuts
Beans & Legumes	Beans: kidney, lima, navy, red soy	Beans: broad, cannellini, copper, fava, green, jicama, northern, red, snap, string, tamarind, white	Peas: green, pods
Cereals	millet oat bran oatmeal rice, puffed rice bran spelt	cream of rice familia farina granola grape nuts	cashews filberts pignola (pine nuts) pistachios peanut butter poppy seeds
Breads & Muffins	brown rice bread sprouted seed breads (Essene, Manna brands)	gluten-free bread high protein no-wheat bread ideal flat bread oat bran muffins pumpernickel	amaranth barley buckwheat cornflakes cornmeal cream of wheat kamut
Grains & Pasta	Flour: oat, rice	Flour: graham, spelt, white Noodles: semolina, spinach	bagels, wheat corn muffins durum wheat multi-grain bread 100% rye bread
		Quinoa Rice: basmati, brown, white	pumpkin seeds sesame tahini butter sesame seeds sunflower butter sunflower seeds peanuts
			Beans: aduki, azuki, black, garbanzo, pinto Lentils: domestic, green, red Peas: black-eyed
			kasha rye seven-grain shredded wheat wheat bran wheat germ
			rye crisp rye vita wheat bran muffins whole wheat bread
			Pasta: artichoke Noodles: soba Rice: wild



Food Group	Highly Beneficial	Neutral	Avoid		
Vegetables	beets beet leaves broccoli Cabbage: chinese, red, white carrots cauliflower collard greens eggplant kale	lima beans Mushroom:shiitake parsley parsnips Peppers: green, jalapeno, red, yellow Potatoes: sweet Sprouts: brussels yams, all	arugula asparagus avocado bamboo shoots bok choy celery chervil chicory cucumber daikon radish dandelion dill endive escarole fennel fiddlehead ferns garlic ginger horseradish kohlrabi leek	Lettuce: all types Mushrooms: domestic, enoki, portobello, tree oyster okra Onions: green, red Spanish, yellow Potatoes:red, white radicchio rappini rutabaga scallions seaweed shallots snow peas spinach Sprouts: alfalfa Squash: all types swiss chard turnips water chestnut watercress zucchini	Artichokes: domestic & Jerusalem avocado Corn: yellow & white Olives: black, green, Greek, Spanis pumpkin radishes Sprouts: mung, radish tempeh tofu tomato
Fruit	bananas cranberries Grapes: black, concord, green, red papaya pineapple plums	apples apricotes blackberries blueberries boysenberries cherries currants dates, figs elderberries gooseberries grapefruit, guava	kiwi kumquat lemons, limes loganberries Melon: all types nectarines oranges/ tangerines peaches / raisins pears / prunes plantains strawberries	coconuts persimmons pomegranats prickly pear rhubarb starfruit	



Food Group	Highly Beneficial	Neutral	Avoid	
Juices & Fluids	cabbage cranberry grape papaya pineapple	apple, apple cider apricot, carrot celery, cucumber cherry, black grapefruit	orange, prune water (with lemon) Vegetable (with corresponding highlighted veg)	tomato
Spices	cayenne pepper curry ginger horseradish parsley	agar, anise, basil arrowroot, dulse barley malt, dill bay leaf, bergamot, brown rice syrup, capers, cardamom, carob, chervil, chives, chocolate, cloves, coriander, cream -tartar, soy sause, cumin, miso	garlic, honey, kelp maple syrup, mint marjoram, nutmeg mustard (dry), salt oregano, paprika parsley, pepper peppermint, pimiento rice syrup, rosemary saffron, sage, savory spearmint, sucanat suga, tamarind	Neutral, continued tarragon, thyme, turmeric, vanilla, Vinegar: apple cider, balsamic red, white wintergreen Pepper: black, ground, cayenne, peppercorn, white allspice almond extract barley malt cinnamon corn starch corn syrup gelatin, plain pepper, white tapioca
Condiments	None	apple butter mustard / relish pickles:dill,relish kosher, sweet, sour, worcestershire sau.	jam & jelly - from acceptable fruits mayonnaise salad dressing,low fat	ketchup
Herbal Teas	ginger ginseng licorice parsley peppermint raspberry leaf rose hips sage	alfalfa, burdock catnip, cayenne chamomile chickweed dandelion dong quai Echinacea, elder goldenseal green tea hawthorne horehound licorice root	mulberry St. John's wort sarsaparilla slippery elm spearmint strawberry leaf thyme, valerian vervain white birch white oak bark yarrow yellow dock	aloe, coltsfoot corn silk fenugreek gentian hops linden mullein red clover rhubarb senna Shepherd's purse skullcap