



Food Group	Highly Beneficial	Neutral	Avoid
Meats & Poultry	lamb mutton rabbit turkey	liver pheasant	bacon, beef buffalo, chicken cornish hens duck, goose ham, heart venison, partridge pheasant pork, quail
Seafood	albacore (tuna) cod, grouper hake, mackerel mahi-mahi monkfish ocean perch pickerel, pike, shad porgy, sailfish red snapper, snail rainbow trout salmon, sardine sea trout, sturgeon	abalone, bluefish carp catfish caviar herring (fresh) mussels scallop silver perch, sole shark, smelt squid, swordfish tilefish, weakfish white perch whitefish, snapper yellow perch	lox (smoked salmon) anchovy, beluga bluegill bass, clam conch, crab, eel crayfish, flounder frog, gray sole haddock, halibut lobster octopus oysters sea bass shrimp, turtle striped bass yellowtail
Dairy & Eggs	cottage cheese farmer, feta goat cheese goat milk kefir, ricotta mozzarella sour cream (non-fat) yogurt	casein, cheddar colby, edam cream cheese emmental gouda, gruyere jarlsberg monterey jack munster skim milk or 2% milk neufchatel soy cheese string cheese swiss whey	american blue brie butter buttermilk camembert ice cream parmesan provolone sherbet whole milk
Oils & Fats	olive oil	canola oil cod liver oil peanut oil flaxseed oil	corn oil, sesame oil cottonseed oil sunflower oil safflower oil
Nuts & Seeds	chestnuts peanuts peanut butter walnuts	almonds brazil cashews hickory, litchi macadamia pignola (pine) poppy seeds almond butter	filberts, poppy seeds pumpkin seeds sesame seeds sunflower butter sesame butter (tahini) sunflower seeds
Beans & Legumes	Beans: navy, red, green, pinto, red soy Lentils: green	Beans: broad, cannellini, copper, green, norther, snap, string, white, tamarind Lentils, domestic Peas: green, pods, snow	Beans: aduke, asuki, black, fava, garbanzo kidney, lima Peas: black-eyed



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Cerals	millet oat bran oatmeal Rice: bran, puffed spelt	amaranth barley cream of rice familia farina cream of wheat	granola grapenuts seven grain shredded wheat soy flakes&granules wheat bran & germ	buckwheat cornflakes cornmeal kamut kasha	
Breads & Muffins	Breads: Essene, Manna , Sunnyvale Farms brands rice cakes & rice bread	rye crisp & rye vita soya flour bread sprouted wheat bread millet sprouted seed	bagels, wheat durham wheat gluten-free bread ideal flat bread matzos multi-grain bread	high protein bread oat bran muffins pumpernickel wasa bread spelt bread	corn muffins
Grains & Pasta	Flour: oat, rice, rye, sprouted wheat	Rice: basmati, brown, white, wild	flour:barley,spelt bulghur wheat, durum wheat, gluten, graham, whole wheat	Noodles: spelt, semolina, spinach quinoa couscous	buckwheat kasha Pasta: artichoke soba noodles
Vegetables	beet leaves beets broccoli cauliflower celery collard greens cucumber dandelion garlic kale mustard greens eggplant	parsley parsnips potatoes, sweet sprouts, alfalfa tempeh tofu yams, all types	arugula, tomato asparagus, leeks bamboo shoots horseradish, dill bok choy,lettuce Cabbage:chinese, red, white caraway, ginger carrots, escarole chicory, fennel chervil, endive coriander daikon radish fiddlehead ferns	mushrooms potatoes, red/ white okra / pumpkin Olives:green/Spanish onions, all radicchio,watercress radishes,seaweed rappini, zucchini rutabaga/shallots scallions/snowpeas squash: all types water chestnut Sprouts: Brussels, mung, radish	artichokes, all corn avocado lima beans mushroom; shiitake Olives: black Peppers: green, red Jalapeno, yellow Sprouts: mung, radish
Condiments	None	Jam/Jelly-from acceptable fruits mustard	mayonnaise Salad dressing (low-fat)		



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Fruit	cherries, figs cranberries grapes, kiwi loganberries gooseberries	grapefruit lemons pineapple plums prunes	apples, apricots Berries:black/blue boysenberries currants, dates elderberries kumquat limes, papayas tangerines, pears	nectarines, peaches plantains, prunes raisins, raspberries strawberries Melon: Christms, cantaloupe, casaba, crenshaw, Spanish, watermelon	bananas coconuts guava mangoes oranges persimmons pomegranates	prickly pears rhubarb starfruit
Juices & Fluids	cabbage carrot celery cherry, black	cranberry grape papaya	apple, cucumber apple cider apricot, prune grapefruit water with lemon	pineapple Vegetable - with corresponding highlighted veg.	orange	
Spices	curry garlic horseradish miso parsley	agar, arrowroot basil, bay leaf bergamot,carob brown rice syrup cardomom, kelp chervil, chives chocolate, dill cinnamon,cloves coriander, cumin cream tartar dulce, honey maple syrup marjoram, mint molasses	mustard (dry) paprika, nutmeg soy sauce wintergreen peppermint pimiento, salt rice syrup rosemary saffron, sage savory, spearmint sucanat, sugar tamarind, tarragon thyme, turmeric vanilla	allspice almond extract anise, capers barley malt gelatin, plain vanilla	Corn:starch, syrup Pepper:black gound, cayenne, peppercorn, white Vinegar:balsamic red, white, apple cider	
Herbal Teas	alfalfa burdock chamomile echinacea ginger ginseng	green tea hawthorne licorice root rose hips strawberry leaf	chickweed, elder dandelion,skullcap dong quai, senna goldenseal, skullca horehound, sage mulberry, parsley white oak bark	St.John's Wort,thyme slippery elm, vervain yellow dock, catnip peppermint, cayenne raspberry leaf sarsaparilla, yarrow Shepherd's purse	aloe, coltsfoot corn silk, fenugreek Neutral continued: spearmint, vervain, white birch	gentian, hops linden, mullein red clover, rhubarb Sheperd's Purse skullcap, senna yellow dock
Misc. Beverages	Coffee: decaf, regular(organic)	Tea: green	beer seltzer	club soda Wine: white, red	liquor, distilled seltzer water	soda, other tea: black decaf, black regular