

**Bold = Ideal** (eat ideal foods at every meal)  
**Black = Neutral** (ok, but emphasize "Ideal" foods)  
*Italics = Caution* (eat rarely or only for variety)  
**Strikethrough = Avoid** (don't eat these foods)

Meats		Poultry		Seafood		Legumes		Beverages		
Beef	<b>Chicken (dark meat)</b>	Abalone	Shrimp	<b>Mackerel</b>	Aduki Beans	<b>White Beans</b>	Tea (herbal)	<b>Oat-Milk</b>		
Buffalo	<b>Chicken (white meat)</b>	Anchovy	Squid	<b>Mahi-mahi</b>	Black Beans	<b>Black-eyed Peas</b>	<b>Vegetable Juices</b>	<b>Rice-Milk</b>		
Elk	<b>Goose</b>	Caviar	Trout	<b>Mussels</b>	Garbanzo Beans	<b>Green Beans</b>	<b>Water (distilled)</b>	<b>Soft-Drinks-(colas)</b>		
Heart (beef)	<b>Turkey (dark meat)</b>	Clams	Whitefish	<b>Oysters</b>	Green Northern Beans	<b>Fava Beans</b>	<b>Water (pure, bottled)</b>	<b>Soy-Milk</b>		
Kidney (beef)	<b>Turkey (white meat)</b>	Crayfish	<b>Bass-(freshwater)</b>	<b>Rockfish</b>	Green Peas	<b>Red-Beans</b>	<b>Tea (green)</b>	<b>Tea-(black)</b>		
Lamb	<b>Cornish Hen</b>	Herring	<b>Bass-(sea)</b>	<b>Roughy</b>	Lentils	<b>Tofu</b>	<i>Water (carbonated)</i>	<b>Water-(tap)</b>		
Liver (beef)	<b>Duck</b>	Octopus	<b>Gatfish</b>	<b>Shark</b>	Lima Beans		<b>Almond-Milk</b>	<b>Wine-(red)</b>		
Rabbit	<b>Pheasant</b>	Perch	<b>God</b>	<b>Snapper</b>	Mung Beans		<b>Beer</b>	<b>Wine-(white)</b>		
Venison	<b>Quail</b>	Pompano	<b>Grab</b>	<b>Swordfish</b>	Navy Beans		<b>Coffee-(caffeinated)</b>			
<b>Pork (bacon)</b>		Salmon	<b>Grouper</b>	<b>Tuna</b>	Pink Beans		<b>Coffee-(decaf)</b>			
<b>Pork (ham, chops)</b>		Sardine	<b>Halibut</b>		Pinto Beans		<b>Fruit-Juices</b>			
		Scallop	<b>Lobster</b>		Soy Beans		<b>Liquor</b>			
Dairy and Eggs		Nuts and Seeds		Grains		Greens		Vegetables		Sea Vegetables
Yogurt	<b>Gouda</b>	<b>Almonds</b>	<i>Rice (brown)</i>	<b>Arugula</b>	Asparagus	Avocado	<b>Rutabaga</b>	<b>Agar</b>		
Eggs, Chicken (whites)	<b>Brayere</b>	<b>Brazil Nuts</b>	<i>Wild Rice</i>	<b>Beet Greens</b>	Brussels Sprout	Bamboo Shoots	<b>Squash-(summer)</b>	<b>Irish Moss</b>		
Eggs, Chicken (yolks)	<b>Ice-Cream</b>	<b>Cashews</b>	<b>Amaranth</b>	<b>Cilantro</b>	Cabbage	Bok Choy	<b>Squash-(winter)</b>	<b>Kelp</b>		
Eggs, Duck (whole)	<b>Milk-(2%)</b>	<b>Chestnuts</b>	<b>Barley</b>	<b>Collard Greens</b>	Cauliflower	Broccoli	<b>Sweet-Potato-(yam)</b>	<b>Laver</b>		
<i>Whey</i>	<b>Milk-(skim)</b>	<b>Filberts</b>	<b>Buckwheat</b>	<b>Dandelion Greens</b>	Celery	Daikon		<b>Wakame</b>		
<b>Blue-Cheese</b>	<b>Milk-(whole)</b>	<b>Hickory Nuts</b>	<b>Kamut</b>	<b>Endive</b>	Cucumber	Eggplant		<b>Dulse</b>		
<b>Brie</b>	<b>Monterey-Jack</b>	<b>Macadamia Nuts</b>	<b>Millet</b>	<b>Kale</b>	Fennel	Jerusalem Artichoke				
<b>Buttermilk</b>	<b>Mozzarella</b>	<b>Pecans</b>	<b>Oat</b>	<b>Lettuce (bibb)</b>	Garlic	Jicama				
<b>Gamembert</b>	<b>Muenster</b>	<b>Pine Nuts</b>	<b>Quinoa</b>	<b>Lettuce (iceberg)</b>	Ginger Root	Shallot				
<b>Gheddar</b>	<b>Neufchatel</b>	<b>Pumpkin Seeds</b>	<b>Rice (basmati)</b>	<b>Lettuce (loose-leaf)</b>	Kohlrabi	Water Chestnuts				
<b>Golby</b>	<b>Parmesan</b>	<b>Sunflower Seeds</b>	<b>Rice (plain, white)</b>	<b>Lettuce (romaine)</b>	Leek	Zucchini				
<b>Gottage-Cheese</b>	<b>Provolone</b>	<b>Poppy Seeds</b>	<b>Rye</b>	<b>Mustard Greens</b>	Okra	<b>Artichoke</b>				
<b>Gottage-Cheese (lite)</b>	<b>Ricotta</b>	<b>Sesame Seeds</b>	<b>Spelt</b>	<b>Radicchio</b>	Olive (all varieties)	<b>Beet</b>				
<b>Greem (half and half)</b>	<b>Romano</b>	<b>Walnuts</b>	<b>Triticale</b>	<b>Spinach</b>	Onion	<b>Garrot</b>				
<b>Greem-Cheese</b>	<b>Roquefort</b>	<b>Peanuts</b>	<b>Wheat</b>	<b>Swiss Chard</b>	Pepper (bell, all colors)	<b>Gorn</b>				
<b>Edam</b>	<b>Sherbet</b>	<b>Pistachios</b>		<b>Turnip Greens</b>	Pepper (hot, all colors)	<b>Mushroom-(all-varieties)</b>				
<b>Feta</b>	<b>Sour-Greem</b>			<b>Watercress</b>	Radish	<b>Parsnip</b>				
<b>Goat-Cheese</b>	<b>Swiss</b>			<b>Sprouts-(alfalfa)</b>	Tomato	<b>Potato-(all-varieties)</b>				
<b>Goats-Milk</b>				<b>Sprouts-(bean)</b>	Turnip	<b>Pumpkin</b>				
Fruits		Oils and Fats		Herbs, Spices and Seasonings						
<b>Coconut</b>	<b>Elderberries</b>	<b>Peaches</b>	<b>Almond Oil</b>	<b>Butter-(salted)</b>	Caraway	Parsley	Dill Weed	<b>Ketchup</b>		
<b>Cranberries</b>	<b>Figs</b>	<b>Pears</b>	<b>Black Currant Oil</b>	<b>Butter-(unsalted)</b>	Cayenne	Peppermint	Marjoram	<b>Mayonnaise</b>		
<b>Lemons</b>	<b>Gooseberries</b>	<b>Persimmon</b>	<b>Borage Oil</b>	<b>Garola Oil</b>	Chervil	Rosemary	Mustard Seed	<b>Molasses</b>		
<b>Rhubarb</b>	<b>Grapefruit</b>	<b>Pineapple</b>	<b>Coconut Oil</b>	<b>Gottonseed Oil</b>	Chili Powder	Sage	Paprika	<b>Mustard</b>		
<b>Apples</b>	<b>Grapes</b>	<b>Plums</b>	<b>Evening Primrose Oil</b>	<b>Ghee (clarified-butter)</b>	Cinnamon	Savory	Pepper (ground black)	<b>Soy-Sauce</b>		
<b>Apricots</b>	<b>Guava</b>	<b>Pomegranate</b>	<b>Fish Oil</b>	<b>Margarine</b>	Cloves	Spearmint	Saffron	<b>Sugar-(brown)</b>		
<b>Banana</b>	<b>Honeydew-Melon</b>	<b>Prunes</b>	<b>Flax Oil</b>	<b>Peanut Oil</b>	Coriander	Tarragon	Salt (iodized)	<b>Sugar-(brown,unrefined)</b>		
<b>Blackberries</b>	<b>Kiwifruit</b>	<b>Raisins</b>	<b>Hemp Oil</b>		Cumin	Thyme	Salt (low sodium)	<b>Sugar-(white)</b>		
<b>Blueberries</b>	<b>Kumquat</b>	<b>Raspberries</b>	<b>Olive Oil</b>		Fennel Seed	Turmeric	Salt (sea salt,unrefined)	<b>Vanilla-(extract)</b>		
<b>Boysenberries</b>	<b>Limes</b>	<b>Strawberries</b>	<b>Safflower Oil</b>		Fenugreek	Wasabi	<i>Artificial Sweeteners</i>	<b>Vinegar-(apple-cider)</b>		
<b>Gantaloupe</b>	<b>Loganberries</b>	<b>Tangerines</b>	<b>Sesame Oil</b>		Coriander	Anise	<b>Garob</b>	<b>Vinegar-(balsamic)</b>		
<b>Gasaba-Melon</b>	<b>Mango</b>	<b>Watermelon</b>	<b>Sunflower Oil</b>		Ginger	Basil	<b>Chocolate</b>	<b>Vinegar-(rice)</b>		
<b>Gherries</b>	<b>Nectarines</b>		<b>Wheat Germ Oil</b>		Mace	Bay Leaf	<b>Gurry-Powder</b>	<b>Vinegar-(wine)</b>		
<b>Gurrants</b>	<b>Oranges</b>		<b>Corn Oil</b>		Nutmeg	Cardamom	<b>Honey</b>			
<b>Dates</b>	<b>Papaya</b>		<b>Palm Kernel Oil</b>		Oregano	Chive	<b>Horse-radish</b>			