

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