

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