

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