

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