

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