

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