

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