

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