



Food Group	Highly Beneficial	Neutral	Avoid
Meat and Poultry	beef lamb liver mutton veal venison	chicken cornish hen duck rabbit turkey quail	bacon goose ham pork
Seafood	bluefish cod halibut mackerel pike rainbow trout red snapper salmon sardin snapper sole striped bass sturgeon swordfish white perch whitefish yellow perch yellowtail	abalone albacore (tuna) anchovy carp clam crab crayfish eel flounder frog haddock lobster mahi-hahi monkfish mussels ocean perch oysters scallop sea bass shark shrimp snail squid (calimari) pickrel	barracuda catfish caviar conch herring (pickled) lox (smoked salmon) octopus
Dairy and Eggs	none	butter farmer feta goat cheese mozzarella soy cheese soy milk eggs	american / blue brie / camembert buttermilk casein cheddar / cottage cream cheese edam / emmenthal gouda / gruyere ice cream jarlsburg / colby kefir monterey / munster parmesan provolone neufchatel/ricotta skim or 2% milk string cheese swiss whey whole milk yogurt, all types
Oils and Fats	flaxseed oil olive oil	canola oil cod liver oil sesame oil	corn oil cottonseed oil peanut oil safflower oil
Beans & Legumes	Beans: aduki, azuki, pinto, Peas: black-eyed	Beans:black,fava, broad, cannellini, garbanzo, green, jicama, lima, red, red soy, snap, string, white Peas: green, pods	Beans: copper, kidney, navy, tamarind Lentils: domestic, green, red



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Nuts & Seeds	pumpkin seeds walnuts	almonds almond butter chestnuts filberts hickory macadamia	pecans pignola (pine) sesame butter sesame seeds sunflower butter sunflower seeds
Cereals	None	amaranth barley buckwheat cream of rice kamut	Kasha millet, puffed rice bran rice, puffed spelt
Breads & Muffins	sprouted seed breads (Essene, Manna brands, & Sunnyvale Bakery brand)	brown rice bread fin crisp gluten-free bread ideal flat bread kamut bread millet rice cakes	100% rye bread rye crisps rye vita soy flour bread spelt bread wasa bread
Grains & Pasta	None	barley flour buckwheat kasha pasta, artichoke quinoa	rice: basmati, brown, white, wild, rice flour rye flour spelt flour
Fruit	figs plums prunes	apples, apricots, bananas, grapes, blueberries, kiwi boysenberries, cranberries, cherries, currants dates, elderberries gooseberries, guava grapefruit, lemons	mangoes, pears melon: watermelon & casaba; raspberries nectarines, papayas peaches, raisins, persimmons, pineapples, starfruit pomegranates, prickly pear, limes
			brazil cashews litchi peanuts peanut butter pistachios poppy seeds
			cornflakes cornmeal cream of wheat familia Farina grape nuts oat bran oatmeal seven-grain shredded wheat wheat bran / germ
			bagels corn muffins durum wheat english muffins high-protein bread matzos, wheat multi-grain bread oat bran muffins pumpernickel sprouted wheat bread wheat bran muffins whole wheat bread
			bulghur wheat flour couscous flour durum wheat gluten flour graham flour oat flour soba noodles pasta: semolina, spinach sprouted wheat flour white / whole wheat flour
			blackberries coconuts melon: cantaloupe, honeydew oranges plantains rhubarb strawberries tangerines



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Vegetables	artichokes beet leaves broccoli chicory collard greens dandelion escarole garlic horseradish kale kohlrabi leek lettuce, romaine	okra onions, red onions, spanish onions, yellow parsley parsnips peppers, red potatoes, sweet pumpkin seaweed spinach swiss chard turnips	arugula asparagus bamboo shoots beets, bok choy caraway, carrots celery, chervil, coriander, cucumber, dill daikon, endive fennel, ginger fiddlehead ferns lettuce lima beans mushrooms: enoki, oyster portobello	olives, green onions, green peppers: green, yellow, jalapeno radicchio radishes, rappini rutabaga, scallions shallots, snow peas sprouts:mung, radish squash: all types tempeh, tofu tomato water chestnut watercress Yams, all types zucchini	Avocado cabbage: chines, red, white cauliflower corn: white, yellow eggplant mushroom, domestic, shiitake	mustard greens olives: black, greek, spanish potatoes: red, white sprouts, alfalfa sprouts, brussels
Juices & Fluids	black cherry pineapple prune	apricot, celery grape, cranberry grapefruit, carrot cucumber	vegetable (with corresponding highlighted veg's	apple apple cider cabbage orange		
Herbal Teas	cayenne chickweed dandelion fenugreek ginger hops linden	mulberry parsley peppermint rose hips sarsaparilla slippery elm	catnip chamomile dong quai elder ginseng green tea hawthorn horehound licorice root mullein	raspberry leaf sage skullcap spearmint thyme valerian vervain white birch white oak bark yarrow	alfalfa aloe burdock coltsfoot corn silk echinacea gentian goldenseal	red clover rhubarb st. john's wort senna shepherd's purse strawberry leaf yellow dock
Misc. Beverages	soda, club seltzer water	beer tea, green wine, red / white	coffee: decaf, regular liquor, distilled soda: cola, diet, other	Tea: black decaf, black regular		



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Spices	carob curry dulce kelp parsley pepper, cayenne turmeric	agar allspice almond extract anise arrowroot barley malt basil bay leaf bergamot brown rice syrup cardamom chervil chives chocolate clove coriander cream of tartar cumin dill garlic gelatin, plain honey horseradish maple syrup marjoram	mint miso molasses mustard (dry) paprika pepper: black, red peppermint pimiento rice syrup rosemary saffron sage salt savory soy sauce spearmint sucanat sugar:white, brown tamari tamarind tapioca tarragon thyme wintergreen	capers cinnamon cornstarch corn syrup nutmeg pepper, black ground pepper, white vanilla vinegar: apple cider, balsamic red, white
Condiments	None	apple butter jam & jelly: (from acceptable fruit) mayonnaise mustard salad dressing (low-fat) worcestershire	ketchup pickles: dill, kosher, sweet, sour relish	