

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