

Food Colors

Green = Ideal (eat ideal foods at every meal)

Black = Neutral (ok, but emphasize "Ideal" foods)

Italics = Caution (eat rarely or only for variety)

Red = Avoid (don't eat these foods)

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