

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) Cod Grouper Halibut Mahi-mahi Perch Rockfish Roughy Snapper Tuna Abalone	Catfish Clams Crab Crayfish Lobster Octopus Oysters Pompano Salmon Shark Shrimp Squid	Swordfish Trout Whitefish Anchovy Caviar Herring Mackerel Mussels Sardines Scallop	Chickpeas Navy Beans Pink Beans Pinto Beans White Beans Azuki Beans Black Beans Broad Beans Butter Beans Great Northern Beans Kidney Beans Lentils	Mung Beans Black-eyed Peas Green Beans Green Peas Soy Beans Tofu	Oat Milk Tea (black) Tea (green) Tea (herbal) Vegetable Juices Water (pure, bottled) Almond Milk Coffee (caffeinated) Coffee (decaf) Water (distilled) Beer Fruit Juices	Rice-Milk Soft Drinks (colas) Soy-Milk Spirits 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 Camembert Cheddar Colby Cottage-Cheese Cottage-Cheese (low-fat) Cream (single) Cream-Cheese Edam Feta Goat-Cheese Goat-Milk Gouda Gruyere	Ice-Cream Milk (semi-skimmed) Milk (skimmed) 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	Beetroot Greens Chard Coriander Dandelion Greens Endive Kale Lettuce (iceberg) Lettuce (loose-leaf) Lettuce (romaine) Lettuce (round) Mustard Greens Radicchio Rocket Spring Greens Sprouts (alfalfa) Sprouts (bean) Turnip Greens Watercress Spinach	Aubergine Bamboo Shoots Bok Choy Broccoli Brussels Sprout Cabbage Carrots Courgette Cucumber Daikon (asian radish) Fennel Garlic Ginger Root Jicama Kohlrabi Leek Okra Onions Parsnip	Pepper (bell, all colors) Pepper (hot, all colors) Pumpkin Radish Shallot Swede Turnip Water Chestnuts Celery Avocado Olive (all varieties) Artichoke Asparagus Beetroot Butternut-Squash Cauliflower Jerusalem-Artichoke Mushroom (all varieties) Potato (all varieties)	Squash (summer) Sweet-Potato (yam) Sweetcorn Tomatoes	Dulse Laver Agar Irish Moss (carrageenan) Kelp Wakame
Fruits		Oils and Fats			Herbs, Spices and Seasonings			
Apricots Blackberries Blueberries Boysenberries Casaba Melon Cherries Cranberries Elderberries Gooseberries Grapefruit Grapes Guava Honeydew Melon Kiwifruit Kumquat	Loganberries Mango Nectarines Papaya Peaches Persimmon Plums Pomegranate Raspberries Rhubarb Strawberries Apples Coconut Currants Lemons	Limes Oranges Pears Prunes Tangerines Banana Gantaloupe Dates Figs Pineapple Raisins Watermelon	Borage Oil Coconut Oil Evening Primrose Oil Fish Oils Linseed 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 Chilli Powder Chive Cinnamon Cloves Coriander Cumin Curry Powder Dill	Fennel Seed Fenugreek Ginger Horseradish Mace Marjoram Mustard Seed Nutmeg Oregano Paprika Parsley Pepper (ground black) Peppermint Rosemary Saffron	Sage Savory Spearmint Tarragon Thyme Turmeric Wasabi Mustard Vanilla (extract) Vinegar (balsamic) Vinegar (rice) Carob Molasses Salt (sea salt, unrefined) Soy Sauce	Vinegar (apple cider) Artificial Sweeteners Chocolate Garlic Powder Honey Ketchup Mayonnaise Salt (iodized) Salt (low sodium) Sugar (brown) Sugar (white) Sugar (brown, unrefined) Vinegar (wine)