

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