

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