

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