

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