

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