

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