

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