

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