

Food Colors

Green = Ideal (eat ideal foods at every meal)

Black = Neutral (ok, but emphasize "Ideal" foods)

Meats	Poultry	Seafood		Legumes	Beverages				
Buffalo Elk Heart (beef) Kidney (beef) Rabbit Venison Liver (beef)	Turkey (dark meat) Turkey (white meat) Pheasant Quail	Clams Halibut Octopus Shrimp Snapper Swordfish Tuna Abalone Bass (freshwater) Bass (sea) Caviar Cod	Crab Crayfish Grouper Lobster Mahi-mahi Mussels Oysters Perch Rockfish Roughy Squid Trout	Whitefish Aduki Beans Black-eyed Peas Fava Beans Green Peas Lentils Lima Beans Mung Beans Pinto Beans Green Beans Tofu	Vegetable Juices Water (pure, bottled) Almond Milk Oat Milk Rice Milk Soft Drinks (colas) Tea (herbal) Water (distilled)				
Dairy and Eggs		Nuts and Seeds	Grains	Greens	Vegetables		Sea Vegetables		
Blue Cheese Brie Buttermilk Camembert Cheddar Colby Cream (half and half) Cream Cheese Edam Eggs, Chicken (whites) Feta Goat Cheese Goats Milk Gouda Milk (skim) Milk (whole) Monterey Jack Mozzarella Muenster		Neufchatel Ricotta Roquefort Swiss Whey Yogurt	Chestnuts Poppy Seeds Sesame Seeds	Barley Quinoa Spelt Oat Rice (basmati) Rice (brown) Rice (plain, white) Wheat Wild Rice	Arugula Kale Mustard Greens Swiss Chard Watercress Beet Greens Cilantro Collard Greens Dandelion Greens Endive Lettuce (bibb) Lettuce (iceberg) Lettuce (loose-leaf) Lettuce (romaine) Radicchio Spinach Sprouts (alfalfa) Sprouts (bean) Turnip Greens	Artichoke Broccoli Brussels Sprout Cabbage Garlic Onion Pepper (hot, all colors) Radish Shallot Turnip Asparagus Bamboo Shoots Beet Bok Choy Carrot Cauliflower Celery Corn Cucumber	Daikon Eggplant Fennel Ginger Root Jerusalem Artichoke Jicama Kohlrabi Leek Mushroom (all varieties) Okra Parsnip Pepper (bell, all colors) Potato (all varieties) Pumpkin Rutabaga Squash (summer) Squash (winter) Sweet Potato (yam) Tomato	Water Chestnuts Zucchini	Agar Dulse Irish Moss Kelp Laver Wakame
Fruits		Oils and Fats		Herbs, Spices and Seasonings					
Apricots Blackberries Casaba Melon Coconut Cranberries Currants Elderberries Figs Guava Kumquat Prunes Raspberries Apples Banana Blueberries		Boysenberries Cantaloupe Cherries Dates Gooseberries Grapefruit Grapes Honeydew Melon Kiwifruit Lemons Limes Loganberries Mango Nectarines Oranges	Papaya Peaches Pears Persimmon Pineapple Plums Pomegranate Raisins Rhubarb Strawberries Tangerines Watermelon	Coconut Oil Black Currant Oil Borage Oil Evening Primrose Oil Flax Oil Ghee (clarified butter) Hemp Oil Palm Kernel Oil	Caraway Cayenne Chili Powder Chive Dill Weed Garlic Powder Horseradish Mace Nutmeg Pepper (ground black) Saffron Tarragon Anise Basil Bay Leaf	Cardamom Carob Chervil Cinnamon Cloves Coriander Cumin Curry Powder Fennel Seed Fenugreek Ginger Honey Ketchup Marjoram Molasses	Mustard Mustard Seed Oregano Paprika Parsley Peppermint Rosemary Sage Salt (iodized) Salt (low sodium) Salt (sea salt, unrefined) Savory Soy Sauce Spearmint Thyme	Turmeric Vanilla (extract) Vinegar (apple cider) Vinegar (balsamic) Vinegar (rice) Vinegar (wine) Wasabi	