

Food Colors

Green = Ideal (eat ideal foods at every meal)

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

Meats	Poultry	Seafood			Legumes		Beverages		
Beef Buffalo Elk Venison	Chicken (white meat) Turkey (white meat)	Abalone Bass (freshwater) Catfish Clams Mussels Octopus Perch Salmon Whitefish			Aduki Beans Black Beans Black-eyed Peas Fava Beans Garbanzo Beans Great Northern Beans Green Peas Lentils Lima Beans Mung Beans Navy Beans Pink Beans	Pinto Beans Red Beans Soy Beans Tofu White Beans Green Beans	Tea (black) Tea (green) Soy Milk Tea (herbal) Vegetable Juices Water (carbonated) Water (distilled) Water (pure, bottled) Water (tap)		
Dairy and Eggs		Nuts and Seeds	Grains	Greens	Vegetables			Sea Vegetables	
Cottage Cheese (lite) Eggs, Chicken (whites) Milk (skim) Whey Ricotta Yogurt		Almonds Filberts Hickory Nuts Peanuts Pecans Pistachios Sunflower Seeds Walnuts Chestnuts Poppy Seeds Sesame Seeds	Amaranth Barley Buckwheat Kamut Quinoa Rye Spelt Oat Wheat Wild Rice	Arugula Beet Greens Cilantro Collard Greens Dandelion Greens Endive Kale Lettuce (bibb) Lettuce (iceberg) Lettuce (loose-leaf) Lettuce (romaine) Mustard Greens Radicchio Spinach Swiss Chard Turnip Greens Watercress Sprouts (alfalfa) Sprouts (bean)	Artichoke Asparagus Beet Broccoli Brussels Sprout Garlic Olive (all varieties) Bamboo Shoots Bok Choy Cabbage Carrot Cauliflower Celery Corn Cucumber Daikon Eggplant Fennel Ginger Root	Jerusalem Artichoke Jicama Kohlrabi Leek Mushroom (all varieties) Okra Onion Parsnip Pepper (bell, all colors) Pepper (hot, all colors) Pumpkin Radish Rutabaga Shallot Squash (summer) Squash (winter) Sweet Potato (yam) Turnip Water Chestnuts	Zucchini	Dulse Irish Moss Kelp Laver Wakame Agar	
Fruits		Oils and Fats			Herbs, Spices and Seasonings				
Apricots Banana Blackberries Boysenberries Casaba Melon Currants Elderberries Guava Kumquat Prunes Raspberries Apples Blueberries Cantaloupe Cherries	Cranberries Gooseberries Grapefruit Grapes Honeydew Melon Kiwifruit Lemons Limes Loganberries Mango Nectarines Oranges Papaya Peaches Pears	Persimmon Pineapple Plums Pomegranate Rhubarb Strawberries Tangerines Watermelon	Almond Oil Black Currant Oil Canola Oil Corn Oil Fish Oil Flax Oil Olive Oil Safflower Oil Sunflower Oil Borage Oil Evening Primrose Oil Hemp Oil Sesame Oil	Garlic Powder Anise Artificial Sweeteners Basil Bay Leaf Caraway Cardamom Carob Cayenne Mervil Chili Powder Chive Cinnamon Cloves Coriander	Cumin Curry Powder Dill Weed Fennel Seed Fenugreek Ginger Honey Horseradish Mace Marjoram Mustard Mustard Seed Nutmeg Oregano Paprika	Parsley Pepper (ground black) Peppermint Rosemary Saffron Sage Salt (iodized) Salt (low sodium) Salt (sea salt, unrefined) Savory Soy Sauce Spearmint Sugar(brown,unrefined) Tarragon Thyme	Turmeric Vinegar (apple cider) Vinegar (balsamic) Vinegar (rice) Vinegar (wine) Wasabi		