

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