

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