

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