

BEANS & LEGUMES	BEVERAGES	DAIRY & EGGS
<p>Beneficial Lentil /Green Navy Bean Peanut /Peanut Butter Pinto Bean</p> <p>Neutral Cannellini Beans Copper Bean Green Bean Lentil /Domestic Lentil /Red Northern Bean Snap /Yellow Tamarind Bean White Bean</p> <p>Avoid Adzuki (Aduki/Azuki) Black Bean Black Eyed Pea Fava (Broad) Bean Garbanzo Bean (Chickpea) Kidney Bean /Red Lima Bean Mung Bean Mung Sprouts</p>	<p>Beneficial Green Tea /Made with Water</p> <p>Neutral Beer Seltzer water Soda /Club Wine /Red Wine /White</p> <p>Avoid Coffee /All Types /with Water Liquor (Distilled) Soda (Cola) Soda (Diet) Soda (Misc) Tea /Black (All Types)</p>	<p>Beneficial Cottage cheese Egg White /Chicken Farmer Cheese Feta Cheese Goat Cheese Kefir Milk /Goat Mozzarella Cheese Ricotta Cheese Sour Cream Yogurt /Whole Milk</p> <p>Neutral Casein (Sodium Caseinate) Cheddar Cheese Colby Cheese Cream Cheese Edam Cheese Egg Whole /Chicken Egg Yolk /Chicken Emmental Cheese Ghee /Clarified Butter Goose Egg Gouda Cheese Gruyere Cheese Jarlsberg Cheese Milk /Cow /Nonfat Milk /Cow /Skim Milk /2% Cow Monterey Jack Cheese Muenster Cheese Neufchatel Cheese Paneer Cheese Quail Egg /Whole Quark Cheese String Cheese Swiss Cheese Whey</p> <p>Avoid - see next page</p>

DAIRY & EGGS cont...	FRUIT & FRUIT JUICES	
<p>Avoid American Cheese Blue Cheese Brie Cheese Butter /Without Salt Buttermilk /Lowfat Camembert Cheese Duck Egg /Whole Half & Half Ice Cream Milk /Cow /Whole Parmesan Cheese Provolone Cheese</p>	<p>Beneficial Cherry (all types) Cherry Juice Cranberry Cranberry Cranberry Juice Fig /Dried Gooseberry Grape (all types) Grapefruit Kiwi Lemon Lemon Juice Loganberry Pineapple Plum Plum /Green Plum /Red Watermelon</p>	<p>Neutral Cont... Litchi /Lychee Mulberries Musk Melon Nectarine Juice Papaya Peach Pear Pear Juice Persian Melon Pineapple Juice Plantain Prune Prune Juice Raisins Raspberries Spanish Melon Strawberries Tangerine Tangerine Juice Water and Lemon Youngberries</p>
	<p>Neutral Apple Apple Juice Apricot Apricot Juice Asian Pear Blackberry Blackberry Juice Blueberry Boysenberry Breadfruit Canang Melon Cantaloupe Casaba Melon Christmas Melon Crenshaw Melon Currants /Red /Black Dates Elderberry Grapefruit Juice Honeydew Melon Kumquat Lime Lime Juice</p>	<p>Avoid Avocado Banana Bitter Melon Coconut Coconut Milk Dewberry Guava Guava Juice Mango Mango Juice Orange Orange Juice Persimmon /Native Pomegranate Prickly Pear Quince Starfruit /Carmabola</p>

GRAINS & STARCHES		HERBS, SPICES & CONDIMENTS	
Beneficial	Avoid	Beneficial	Neutral Cont...
Amaranth	Artichoke Flour	Alfalfa	Spearmint
Essene Bread /Manna	Buckwheat /Kasha /Soba	Curry Powder	Stevia
Millet	Corn /Blue	Miso	Sugar /Brown /White
Oat	Corn /Popcorn	Molasses /Blackstrap	Tamari
Oat Bran	Corn /White	Oregano	Tarragon
Oat Flour /Meal	Corn /Yellow	Parsley	Thyme /Fresh
Rice /Basmati	Cornmeal		Tumeric
Rice /Brown	Grits	Neutral	Vanilla Extract
Rice /Puffed	Kamut	Agave Syrup	Vegetable Glycerine
Rice /White	Sago Palm	Apple /Pectic	Wintergreen
Rice /Wild	Soba Noodle(100% Buckwhe	Arrowroot Flour	Yeast /Bakers
Rice Bran	Sorghum	Baking Soda	Yeast /Nutritional /Brewers
Rice Cake	Tapioca /Pearl /Dry	Basil	
Rice Flour	Teff	Bay Leaf	Avoid
Rice Milk	Wheat /Refined /Unbleached	Bergamont /Peel	Acacia (Gum Arabic)
Rye		Caraway Seeds	Allspice
Rye Bread 100%		Cardamom	Almond Extract
Rye Flour		Carob	Anise Seed
Soy Flour		Chervil	Aspartame
Spelt		Chili Powder	Barley Malt Flour
		Chives	Carageenan /Irish Moss
Neutral		Chocolate /Cocoa	Corn Syrup
Barley		Cilantro	Cornstarch
Couscous		Cinnamom	Dextrose
Gluten Flour		Clove	Fructose
Gluten Free Bread		Coriander	Gluten
Quinoa		Cumin Seed	Guar Gum
Rice /Cream of		Dill Seed	Guarana
Spelt Flour /Products		Dulse	Invert Sugar
Wheat /Gluten Flour		Honey	MSG (Monosodium Glutamate)
Wheat /Semolina Flour		Lecithin	Maltodextrin
Wheat /White Flour		Licorice Toot	Mustard /Wheat Free/w/Vinegar
Wheat /Whole Grain		Mace	Pepper /Black /Peppercorn
Wheat /Whole Wheat		Maple Syrup	Pepper /Cayenne
Wheat Bran		Marjoram	Pepper /Chili
Wheat Bread /Sprouted		Molasses	Pepper /Red Flakes
Wheat Germ		Mustard /Dry	Pepper /White
		Mustard /no wheat or vineg	Pickle Relish
		Mustard /w/wheat/no vineg	Sucanat
		Nutmeg	Vinegar /Balsamic
		Paprika	Vinegar /Cider Vinegar
		Peppermint	Vinegar /Other
		Rice Syrup	Vinegar /Red Wine
		Rosemary	Vinegar /Rice
		Saffron	Vinegar /White
		Sage /Ground	
		Savory	
		Sea Salt	

MEATS & POULTRY	NUTS AND SEEDS	OILS AND FATS	HERBAL TEAS
<p>Beneficial Turkey</p> <p>Neutral Goat Lamb Liver /Calf Mutton Ostrich Pheasant Rabbit</p> <p>Avoid Bacon Beef Buffalo Chicken Cornish Hens Duck Goose Grouse Guinea Hen Ham Heart (Beef) Horse Quail Squab (Pigeon) Squirrel Sweetbreads Turtle Veal Venison</p>	<p>Beneficial Chestnuts Peanut Peanut Butter Walnut /Black /English</p> <p>Neutral Almond Butter Almond Cheese Almond Milk Almonds Beech Nut Brazil Nut Butternuts Chashew Cashew Butter Flax Seed Hickory Nut Macadamia Nuts Pecans /Pecan Butter Pine Nut (Pignolia) Pistachio Safflower Seed</p> <p>Avoid Filbert (Hazelnut) Poppy Seed Pumpkin Seed /Butter Sesame Butter /Tahini Sesame Seed Sunflower Seed /Butter</p>	<p>Beneficial Olive Oil Walnut Oil</p> <p>Neutral Almond Oil Black Currant Seed Oil Borage Seed Oil Canola Oil Cod Liver Oil Evening Primrose Oil Flax Seed (Linseed) Oil Peanut Oil Wheat Germ Oil</p> <p>Avoid Avocado Oil Coconut Oil Corn Oil Cottonseed Oil Safflower Oil Sesame Oil Sunflower Oil</p>	<p>Beneficial Alfalfa Burdock Chamomile Erchinaces Ginger Ginseng Green tea Hawthorn Licorice root Rose hips Strawberry leaf</p> <p>Neutral Catnip Cayenne chickweed Dandelion Dong quai Elder Goldenseal Horehound Mulberry Parsley Peppermint Raspberry leaf Sage Saint-John's wort Sarsaparilla Slippery elm Spearmint Thyme Valerian Vervain White birch White oak bark Yarrow Yellow dock</p> <p>Avoid Alow, Coltsfoot, Corn Silk, Fenugreek, Gentian, Hops, Linden, Mullein, Red Clover, Rhubarb, Senna, Sherpherd's purse Skullcap</p>

SEAFOOD & Fish		VEGETABLES	
Beneficial	Neutral Cont...	Beneficial	Mushroom/Domestic White,
Cod /Atlantic	Pollock /Atlantic	Alfalfa Seeds /Sprouts	Enoki, Oyster, Straw
Grouper	Pompano	Beet & Beet Greens	Mushroom /Straw
Mackerel /Atlantic	Rosefish	Broccoli /Leaves/Sprouts	Okra
Mahi Mahi	Scallop	Cabbage Juice	Olive /Greek
Monkfish	Scrod	Carrot Juice	Olive /Green Kalamata
Pckerel	Scup	Cauliflower	Olive /Spanish
Pike /Walleye	Shark	Celery & Celery Juice	Onion /Raw (all types)
Porgy	Smelt	Collard Greens	Oyster Plant /Salsify
Red snapper	Squid (Calamari)	Cucumber	Peas /Green /Yellow
Sailfish	Sucker /White	Dandelion Greens	Pimento
Salmon/Atlantic	Sunfish(Pumpkinseed)	Eggplant	Poi
Salmon /Pacific	Swordfish	Garlic	Potato /Red, White,
Salmon /Wild	Tilapia	Kale	Pumpkin
Sardine	Tilefish	Mushroom /Maitake	Radicchio
Shad /American	Weakfish	Mustard Greens	Rappini /Broccoli Rabe
Snail /Escargot	Whitefish /Mixed	Parsnip	Rutabaga
Sturgeon		Potato /Sweet	Sauerkraut
Tuna /Fresh	Avoid	Yam /Raw	Scallion
Tuna /Blue Fin	Anchovy /European		Seaweed & Seeweed /Nori
	Barracuda	Neutral	Shallots
Neutral	Bass /Sea	Agar	Spinach
Abalone	Bass /Striped	Arugula	Squash /All Varieties
Bluefish	Beluga	Asparagus	Swiss Chard
Bullhead	Clam /Mixed Species	Asparagus Peas	Taro, Tahition, Dasheen
Butterfish	Conch	Bamboo Shoot	Tomato
Carp	Crab /Blue	Bok Choy Cabbage	Tomato Juice & Paste
Catfish	Eel /Mixed Species	Brussels Sprouts	Turnip
Caviar (Black or Red)	Flounder	Cabbage /Chinese,	Water Chestnut
Chub	Frog	Common, Red & White	Watercress
Croaker /Atlantic	Haddock	Carrot	Yucca
Cusk	Hake	Celeriac	
Drum /Freshwater	Halibut	Chicory Root	Avoid
Halfmoon Fish	Lobster /Northern	Cucmber Juice	Aloe & Aloe Juice
Harvest Fish	Octopus	Daikon Radish	Artichoke /Domestic, Flour
Herring /Atlantic	Oyster /Eastern /Wild	Endive	Artichoke /Globe, Jerusalem
Mullet	Salmon Roe	Escarole	Caper
Muskellunge	Shrimp	Fennel /Bulb	Mushroom /Black Trumpet
Mussel /Blue	Sole /Gray	Fiddlehead Fern	Mushroom /Shitake
Opaleye	Sole /Other Species	Ginger Root	Olive /Black
Orange Roughy	Trout /Brook	Horseradish /Prepared	Pepper /Green, Jalapeno
Parrot Fish	Trout /Rainbow	Jicama	Pepper /Red, Yellow
Perch /Ocean	Trout /Sea	Kelp	Pickle /In Brine
Perch /Silver	Whiting /Mixed	Kohlrabi	Pickle /Vinegar
Perch /White		Leek	Radish
Perch /Yellow		Lettuce /All Other Types	Radish Sprouts
		Lettuce /Romaine	Rhubarb