

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