

	BENEFICIAL FOODS	FOODS TO AVOID
MEATS / POULTRY		Bacon, Beef, Duck, Ham, Heart, Lamb, Liver, Pork, Quail, Rabbit, Veal, Venison
SEAFOOD	Cod, Sardine, Mackerel, Sea trout, Snapper, Silver Perch, Rainbow trout, Whitefish, Salmon, Yellow perch	Anchovy, Bass, Catfish, Caviar, Clam, Crab, Crayfish, Eel, Flounder, Haddock, Hake, Halibut, Herring (fresh), Herring (pickled), Lobster, Mussels, Octopus, Oysters, Prawns, Salmon (smoked), Scallops, Sole, Squid (calamari)
DAIRY SUBSTITUTES	Soya cheese, Soya milk	All cheese, Butter, Buttermilk, Camembert, Casein, Ice cream, Whey, Whole milk
OILS / FATS	Linseed (flaxseed) oil, Olive oil	Corn oil, Cottonseed oil, Peanut oil, Safflower oil, Sesame oil
NUTS / SEEDS	Peanuts, Pumpkin seeds, Peanut butter	Brazil, Cashew, Pistachio
BEANS / LEGUMES	Aduki bean, Black bean, Green bean, Pinto bean, Domestic Lentil, Green Lentil, Red Lentil, Black-eyed bean, Tempeh, Tofu,	Kidney bean, Lima bean, Navy bean, Red bean, Chick peas
CEREALS	Amaranth, Buckwheat, Kasha	Mixed grain, Shredded wheat, Wheat bran, Wheat germ
BREADS / CAKES	Essene bread, Rice cakes, Soya flour bread, Sprouted wheat bread	Pumpernickel, Wheat
GRAINS / PASTAS	Buckwheat, Kasha flour, Oat flour, Rice flour, Rye flour, Soba noodles	White flour, Whole wheat flour, Semolina pasta, Spinach pasta
VEGETABLES	Artichoke, domestic, Artichoke, Jerusalem, Beet leaves, Broccoli, Carrots, Chicory, Collard greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Lettuce, Romaine, Okra, Onions, Parsley, Parsnips, Pumpkin, Silver beet, Spinach, Sprouts, Alfalfa, Turnips	Cabbage, Capsicum, Eggplant, Lima beans, Mushrooms (domestic and shiitake), Olives, Jalapeno peppers, Potatoes, Sweet potatoes, Tomatoes, Yams
FRUIT	Apricots, Blackberries, Blueberries, Boysenberries, Cherries, Cranberries, Figs, Grapefruit, Lemons, Pineapple, Plums, Prunes, Raisins	Bananas, Coconuts, Mangoes, Melon, Honeydew, Pawpaw, Rockmelon, Tangerines
JUICES	Apricot, Carrot, Celery, Cherry (black), Grapefruit, Pineapple, Prune, Water (with lemon)	Orange, Pawpaw, Tomato
SPICES	Barley malt, Blackstrap molasses, Garlic, Ginger, Miso, Soya sauce, Tamari	Capers, Pepper, Cayenne
CONDIMENTS	Mustard	Mayonnaise, Tomato sauce, Worcestershire sauce, Vinegar
HERBAL TEAS	Alfalfa, Aloe, Burdock, Chamomile, Echinacea, Fenugreek, Ginger, Ginseng, Green Tea, Hawthorn, Milk Thistle, Rosehip, Saint John's Wort, Slippery Elm, Valerian	Cayenne, Corn silk, Red clover, Rhubarb, Yellow dock
MISCELLANEOUS BEVERAGES	Coffee (decaffeinated), Coffee (regular), Green tea, Tea, Red wine	Beer, Soda water, Soft drink