

BENEFICIAL FOODS

FOODS TO AVOID

MEATS / POULTRY	Eggs (Not if of Negroid descent), Beef, Buffalo, Heart, Lamb, Liver, Mutton, Veal, Venison	Bacon, Goose, Ham, Pork
SEAFOOD	Cod, Hake, Halibut, Herring, Mackerel, Pike, Rainbow trout, Red snapper, Salmon, Sardine, Snapper, Sole, White perch, Whitefish, Yellow perch	Caviar, Herring, pickled, Octopus, Salmon (smoked)
DAIRY SUBSTITUTES		All cheeses, Buttermilk, Cream cheese, Goat's milk, Ice cream, Whey, Whole milk, Yoghurt
OILS / FATS	Linseed (flaxseed) oil, Olive oil	Corn oil, Cottonseed oil, Peanut oil, Safflower oil
NUTS / SEEDS	Pumpkin seeds	Brazil, Cashew, Chestnut, Peanut butter, Peanut, Pistachio, Poppy seeds, Sunflower
BEANS / LEGUMES	Aduki bean, Pinto bean, Black-eyed pea	Kidney beans, Navy beans, Lentils
CEREALS		Cornflakes, Cornmeal, Cream of wheat, Mixed grain, Oat bran, Oatmeal, Wheat bran, Wheat germ, Wheat, shredded
BREADS / CAKES	Essene bread	Bagels, Wheat, Corn muffins, Durum wheat, English muffins, High-protein bread, Multigrain bread, Oat bran muffins, Pumpnickel, Sprouted wheat bread, Wheat bran muffins, Whole wheat bread
GRAINS / PASTAS		Bulgur wheat flour, Couscous, Durum wheat flour, Gluten flour, Soba noodles, Oat flour, Semolina pasta, Spinach pasta, Sprouted wheat flour, White flour, Whole wheat flour
VEGETABLES	Artichoke (Domestic and Jerusalem), Beet leaves, Broccoli, Chicory, Collard greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Lettuce, Romaine, Okra, Onions, Parsley, Parsnips, Red pepper, Pumpkin, Seaweed, Silver beet, Spinach, Sweet Potatoes, Turnips	Avocado, Brussels sprouts, Cabbage, Cauliflower, Cucumber, Corn, Eggplant, Mushroom (Domestic and Shiitake), Mustard greens, Olives, Potatoes, Sprouts, Alfalfa
FRUIT	Figs, Plums, Prunes	Blackberries, Coconut, Kiwi, Lychees, Honeydew melon, Oranges, Rhubarb, Rockmelon, Strawberries, Tangerines
JUICES	Black cherry, Pineapple, Prunes	Cabbage, Orange
SPICES	Carob, Curry, Dulse, Kelp (bladderwrack), Parsley, Pepper, Cayenne, Turmeric	Capers, Cinnamon, Cornflour, Corn syrup, Nutmeg, Pepper, Vanilla
CONDIMENTS		Pickles, Relish, Tomato sauce, Vinegar
HERBAL TEAS		Alfalfa, Aloe, Burdock, Corn silk, Echinacea, Gentian, Golden seal, Red clover, Rhubarb, St. John's Wort, Senna, Shepard's purse, Strawberry leaf, Yellow dock
MISCELLANEOUS BEVERAGES		Alcoholic spirits, Apple cider, Coffee, regular, Soft drink, Tea (black decaffeinated and black regular)