



LIST OF ACCEPTABLE FOOD

FRUITS	
Favor	Avoid
Apples (cooked)	Apples (raw)
Applesauce	Bananas (green)
Apricots	Cranberries
Bananas (ripe, not green)	Dates (dry)
Berries	Dried Fruit, in general
Cantaloupe	Figs (dry)
Cherries	Pears
Coconut	Persimmons
Dates (fresh, cooked or soaked)	Pomegranate
Figs (fresh, cooked or soaked)	Prunes (dry)
Grapefruit	Raisins (dry)
Grapes	Watermelon
Kiwi	
Lemon	

Lime	
Mango	
Melons	
Oranges	
Papaya	
Peaches	
Pineapple	
Plums	
Prunes (cooked or soaked)	
Raisins (cooked or soaked)	
Tamarind	
VEGETABLES	
Favor	Avoid
Asparagus	Artichokes
Avocado	Beet Greens
Beets	Bell Peppers
Carrots, Cooked	Bitter Melon
Chilies (in very small quantities)	Broccoli
Coriander (fresh)	Brussels Sprouts
Cucumber	Burdock Root
Garlic	Cabbage
Green Beans	Carrots, Raw
Green Chilies	Cauliflower
Leeks	Celery
Mustard Greens	Chilies (in excess)
Okra	Corn, Fresh
Olives (black)	Dandelion Greens
Onion, Cooked	Eggplant

Parsnip	Jerusalem Artichokes
Peas, Cooked	Kale
Pumpkin	Kohlrabi
Sweet Potatoes	Lettuce
Rutabega	Mushrooms
Spinach, Cooked	Olives, Green
Squash, Summer	Onion, Raw
Squash, Winter	Peas, Raw
Watercress	Peppers, Hot
Zucchini	Potatoes, White
	Radishes
	Spinach, Raw
	Sprouts
	Tomatoes
	Turnips
GRAINS	
Favor	Avoid
Amaranth	Barley
Durham Flour	Buckwheat
Oats, Cooked	Cereals (cold, dry, or puffed)
Pancakes	Corn
Quinoa	Couscous
Rice (all types)	Crackers
Seitan	Granola
Sprouted Wheat Bread	Millet
Wheat	Muesli
	Oat Bran
	Oats, Dry

	Pasta, Wheat
	Rice Cakes
	Rye
	Spelt
	Tapioca
	Wheat Bran
	Yeasted Bread
LEGUMES	
Favor	Avoid
Lentils, Red	Adzuki Beans
Miso	Black Beans
Mung Beans	Black-Eyed Peas
Mung Dal, Split	Garbanzo Beans (Chickpeas)
Soy Cheese	Kidney Beans
Soy Milk (served warm)	Lentils, Brown
Soy Sauce	Lima Beans
Soy Meats	Navy Beans
Tofu (served hot)	Pinto Beans
Tur Dal	Soy Beans
Urad Dal	Soy Flour
	Soy Powder
	Split Peas
	Tempeh
	White Beans
DAIRY	
Favor	Avoid
Butter	Frozen Yogurt
Buttermilk	Powdered Milk

Cheese	
Cottage Cheese	
Cow's milk	
Ghee	
Goat's Milk	
Ice Cream (in moderation)	
Sour Cream (in moderation)	
Yogurt (fresh)	
NUTS & SEEDS	
Favor	Avoid
Almonds	Popcorn
Brazil Nuts	
Cashews	
Coconut	
Hazelnuts	
Macadamia Nuts	
Peanuts	
Pecans	
Pine Nuts	
Pistachios	
Pumpkin Seeds	
Sesame Seeds	
Sunflower Seeds	
Walnuts	
MEAT & EGGS	
Favor	Avoid
Beef	Lamb
Buffalo	Mutton

Chicken (especially dark)	Pork
Duck	Rabbit
Eggs	Venison
Fish (fresh and salt water)	Turkey (white)
Salmon	
Sardines	
Seafood	
Shrimp	
Tuna Fish	
Turkey (dark)	
OILS	
Favor	Avoid
Almond Oil	Canola Oil
Avocado Oil	Corn Oil
Castor Oil	Flax Seed Oil
Coconut Oil	Soy Oil
Ghee	
Mustard Oil	
Olive Oil	
Peanut Oil	
Safflower Oil	
Sesame Oil	
Sunflower Oil	
SWEETNERS	
Favor	Avoid
Barley Malt	Artificial Sweeteners
Date Sugar	White Sugar
Fructose	Honey (heated or cooked)

Fruit Juice Concentrates	
Honey (raw)	
Jaggary	
Maple Syrup (in moderation)	
Molasses	
Rice Syrup	
SPICES	
Favor	Avoid
Ajwan	Cayenne Pepper
Allspice	Chili Powder
Anise	Fenugreek
Basil	Horseradish
Bay Leaf	Neem Leaves
Black Pepper	
Caraway	
Cardamom	
Cinnamon	
Cloves	
Coriander (seeds or powder)	
Cumin (seeds or powder)	
Dill	
Fennel	
Garlic	
Ginger (fresh or dried)	
Hing (Asafoetida)	
Mace	
Marjoram	
Mint	

Mustard Seeds	
Nutmeg	
Oregano	
Paprika	
Parsley	
Peppermint	
Pippali	
Poppy Seeds	
Rosemary	
Saffron	
Salt	
Savory	
Tarragon	
Thyme	
Turmeric	
Vanilla	