

**LIST OF ACCEPTABLE FOOD**

<b>FRUITS</b>	
<b>Favor</b>	<b>Avoid</b>
Apples (cooked)	Bananas
Applesauce	Cantaloupe
Apricots	Coconut
Berries	Dates
Cherries	Figs (fresh)
Cranberries	Grapes (green)
Figs (dry)	Grapefruit
Grapes (red, purple, black)	Kiwi
Lemons	Melons
Limes	Oranges
Mango	Papaya
Peaches	Pineapple
Pears	
Persimmons	
Pomegranates	
Prunes	
Raisins	
Raspberries	
Strawberries	
<b>VEGETABLES</b>	
<b>Favor</b>	<b>Avoid</b>
Artichoke	Avocado
Asparagus	Cucumber
Beet Greens	Olives

Beets	Parsnips
Bell Peppers	Pumpkin
Bitter Melon	Squash, Summer
Broccoli	Sweet Potatoes
Brussels Sprouts	Tomatoes (raw)
Burdock Root	Zucchini
Cabbage	
Carrots	
Cauliflower	
Celery	
Chilies	
Cilantro	
Corn	
Daikon Radish	
Dandelion Greens	
Eggplant	
Garlic	
Green Beans	
Horseradish	
Jerusalem Artichokes	
Kale	
Kohlrabi	
Leafy Greens	
Leeks	
Lettuce	
Mustard Greens	
Okra	
Onions	

Peas	
Peppers, Sweet & Hot	
Potatoes, White	
Radishes	
Spinach	
Sprouts	
Squash, Winter	
Tomatoes (cooked)	
Turnips	
Watercress	
Wheat Grass	
<b>GRAINS</b>	
<b>Favor</b>	<b>Avoid</b>
Amaranth	Oats (cooked)
Barley	Pancakes
Buckwheat	Pasta
Cereal (unsweetened, cold, dry)	Rice (brown, white)
Corn	Wheat
Couscous	Yeasted Bread
Crackers	
Durham Flour	
Granola	
Millet	
Muesli	
Oat Bran	
Oats (dry)	
Polenta	
Quinoa	

Rice (basmati, wild)	
Rice Cakes	
Rye	
Seitan	
Spelt	
Sprouted Wheat Bread	
Tapioca	
Wheat Bran	
<b>LEGUMES</b>	
<b>Favor</b>	<b>Avoid</b>
Adzuki Beans	Kidney Beans
Black Beans	Miso
Black-Eyed Peas	Soy Beans
Garbanzo Beans (Chickpeas)	Soy Cheese
Lentils	Soy Flour
Lima Beans	Soy Powder
Mung Beans	Soy Sauce
Mung Dal	Tofu (served cold)
Navy Beans	Urad Dal
Pinto Beans	
Split Peas	
Soy Milk	
Soy Meats	
Tempeh	
Tofu (served hot)	
Tur Dal	
White Beans	

<b>DAIRY</b>	
<b>Favor</b>	<b>Avoid</b>
Buttermilk	Butter
Cottage Cheese (ideally from skim goat's milk)	Cheese
Ghee	Cow's Milk
Goat's Cheese (unsalted, not aged)	Frozen Yogurt
Goat's Milk (skim)	Ice Cream
Yogurt (fresh and diluted)	Sour Cream
	Yogurt (store bought)
<b>NUTS &amp; SEEDS</b>	
<b>Favor</b>	<b>Avoid</b>
Almonds (soaked and peeled)	Brazil Nuts
Charole Nuts	Cashews
Chia Seeds	Coconut
Flax Seeds	Filberts
Popcorn (without salt or butter)	Macadamia Nuts
Pumpkin Seeds	Peanuts
Sunflower Seeds	Pecans
	Pine Nuts
	Pistachios
	Sesame Seeds
	Tahini
	Walnuts
<b>MEAT &amp; EGGS</b>	
<b>Favor</b>	<b>Avoid</b>
Chicken (white)	Beef
Eggs	Buffalo

Fish (freshwater)	Chicken (dark)
Rabbit	Duck
Shrimp	Fish (saltwater)
Turkey (white)	Lamb
Venison	Pork
	Salmon
	Sardines
	Seafood
	Tuna Fish
	Turkey (dark)
<b>OILS</b>	
<b>Favor</b>	<b>Avoid</b>
Almond Oil	Avocado Oil
Corn Oil	Apricot Oil
Flax Seed Oil	Coconut Oil
Ghee	Olive Oil
Sunflower Oil	Primrose Oil
	Safflower Oil
	Sesame Oil
	Soy Oil
	Walnut Oil
<b>SWEETNERS</b>	
<b>Favor</b>	<b>Avoid</b>
Fruit Juice Concentrates	Artificial Sweeteners
Honey (raw and unprocessed)	Barley Malt
	Date Sugar
	Fructose
	Honey (cooked, heated or processed)

	Jaggary
	Maple Syrup
	Molasses
	Rice Syrup
	Sucanat
	White Sugar
<b>SPICES</b>	
<b>Favor</b>	<b>Avoid</b>
Ajwan	Salt
Allspice	
Anise	
Basil	
Bay Leaf	
Black Pepper	
Caraway	
Cardamom	
Cayenne	
Cinnamon	
Cloves	
Coriander (seeds or powder)	
Cumin (seeds or powder)	
Dill	
Fennel	
Fenugreek	
Garlic	
Ginger (fresh or dried)	
Hing (Asafoetida)	
Marjoram	

Mint	
Mustard Seeds	
Neem Leaves	
Nutmeg	
Oregano	
Paprika	
Parsley	
Peppermint	
Poppy Seeds	
Rosemary	
Saffron	
Spearmint	
Tarragon	
Thyme	
Trikatu	
Turmeric	
Vanilla	
Wintergreen	