

# Your Food List

Created for: Third Buy

Date: 11/01/2017

Color Key
<b>Green</b> = Your best choices
Regular = Second best choices
<b>Red</b> = Avoid these foods!



See your *Report* and *Understanding Your Food List* documents for further instructions.

## Carbohydrates (which convert to sugars)

## Proteins

## Fats & Oils

Grains/Seeds		Vegetables		Legumes	Meats	Poultry & Eggs	Dairy	
Brown Rice	Beet	Eggplant	Black-eyed Peas	Bacon (pork)*	Chicken (white)*	Blue-Cheese	Ricotta	
Chia Seeds*	Broccoli	Garlic	Garbanzo	Beef*	Cornish Hen	Brie	Romano	
Poppy Seeds	Brussels Sprout	Ginger Root	Navy Beans	Bison	Duck Eggs*	Cheddar	Sherbet*	
Sesame Seeds	Cabbage	Green Beans	Pink Beans	Ham (pork)*	Egg Whites*	Colby	Sour-Cream*	
Sunflower Seeds	Cucumber	Leek	Pinto Beans	Lamb	Turkey (white)*	Cottage-Cheese	Swiss	
Wild Rice	Fennel	Mushrooms	White Beans	Pork Chops*	Chicken (dark)*	Cream-Cheese	Whey	
Amaranth	Parsnip	Olives	Aduki (adzuki)	Elk	Duck*	Cream*	Yogurt*	
Buckwheat	Peppers (Bell)*	Onions	Black Beans	Heart-(beef)	Egg Yolks*	Feta		
Flax Seeds*	Pumpkin	Potatoes	Fava	Liver-(beef)*	Eggs (whole)*	Goat-Cheese		
Millet	Radish	Rutabaga	Green Peas	Rabbit	Goose*	Goat-Milk		
Oats*	Sweet Potatoes	Shallot	Kidney Beans	Venison	Pheasant	Gouda		
Pumpkin Seeds	Winter Squash	Summer Squash	Lentils		Quail	Ice-Cream*		
Quinoa	Zucchini	Turnips	Lima Beans		Turkey (dark)*	Low-Fat-Dairy-(all)		
Barley	Artichoke	Peppers (hot)	Mung Beans			Milk-(2%)*		
Kamut	Asparagus	Tomatoes*	Red Beans			Milk-(skim)*		
Rye	Avocado		Soy-Beans			Milk-(whole)*		
Spelt	Carrot		Tofu			Monterey-Jack		
Wheat	Cauliflower					Mozzarella		
White-Rice	Celery*					Parmesan		
	Corn*					Provolone		
Beverages		Fruits		Greens	Fish & Seafood		Nuts	Fats & Oils
Filtered Water	Apricots	Grapefruit	Arugula	Abalone	Snapper	Almonds	Butter (unsalted)*	
Green Tea	Bananas	Grapes*	Beet Greens	Clams**	Bass-(sea)	Cashews	Coconut Oil	
Vegetable Juices*	Blackberries	Honeydew Mellon	Bibb Lettuce	Crab	Grouper	Pecans	Flax Seed Oil	
Almond Milk*	Blueberries	Lemons	Chard	Crayfish	Halibut	Pine Nuts	Ghee	
Black Tea	Cantaloupe	Limes	Cilantro	Mussels**	Lobster	Pistachios	Hemp Oil	
Coconut Water	Cherries*	Oranges	Collard Greens	Octopus	Mackerel	Walnuts	Olive Oil*	
Coffee (decaf)*	Coconut	Papaya	Endive	Oysters**	Mahi-mahi	Brazil Nuts	Almond Oil	
Coffee*	Cranberries	Peaches*	Iceberg Lettuce*	Salmon**	Rockfish	Macadamia Nuts	Avocado Oil	
Distilled Water	Guava	Pineapple	Kale	Sardine	Roughy	Peanuts*	Butter (salted)*	
Beer	Mango	Prunes	Leaf Lettuces	Scallop**	Shark		Lard	
Carbonated-Water	Nectarines*	Raisins	Mustard Greens	Shrimp**	Swordfish		Palm Kernel Oil	
Fruit Juices*	Pears	Tangerines	Radicchio	Squid	Tuna		Peanut Oil*	
Liquor	Plums	Watermelon	Romaine Lettuce	Trout**			Safflower Oil	
Oat-Milk*	Raspberries		Sprouts (all types)*	Anchovy			Sesame Oil	
Red-Wine*	Rhubarb		Turnip Greens	Bass (fresh water)			Sunflower Oil	
Rice-Milk	Strawberries*		Watercress	Catfish**			Canola-Oil*	
Soft-Drinks-(soda)	Apples*			Caviar			Corn-Oil*	
Soy-Milk	Currants			Cod			Cottonseed-Oil	
Tap-Water	Dates			Herring			Margarine	
White-Wine*	Figs			Perch				
Sweeteners		Herbs, Spices & Seasonings						
Honey*	Saccharin	Anise	Cumin	Parsley	Turmeric	Cayenne	Vanilla-Extract	
Lakanto	Sucralose	Basil	Dill weed	Pepper (black)	Carob	Chili-Powder	Vinegar-(wine)	
Stevia	Sugar-(brown)	Bay leaf	Fennel Seed	Peppermint	Garlic Powder	Chocolate	Wasabi	
Xylitol	Sugar-(raw)*	Caraway	Fenugreek	Rosemary	Ginger	Curry-Powder		
Acesulfame	Sugar-(white)	Cardamom	Mace	Saffron	Salt (iodized)	Horseradish		
Agave		Chervil	Marjoram	Sage	Salt (low sodium)	Ketchup*		
Aspartame		Chive	Mustard Seed	Savory	Salt (sea salt)	Mayonnaise*		
Corn-Syrup-(all)		Cinnamon	Nutmeg	Spearmint	Vinegar (balsamic)	Molasses		
Erythritol		Cloves	Oregano	Tarragon	Vinegar (cider)	Mustard*		
Fructose		Coriander	Paprika	Thyme	Vinegar (rice)	Soy-Sauce		

\*Buy organic only!

\*\*Buy wild caught or wild harvested only. Never buy if "farmed".