

Your Food List

Created for: Sofikul Islam

Date: 04/13/2017

Color Key

Green = Your best choices

Regular = Second best choices

Red = Avoid these foods!

Your Logo

Displayed Here

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

*Organic / free-range / hormone & antibiotic-free only.

**Wild caught or wild harvested; not farmed.