

# Your Food List

Created for: **Matt Kettmann**

Date: **01/13/2022**

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

\*Buy organic only!

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