

Your Food List

Created for: **Bruce Pahl**

Date: **04/26/2017**

Color Key

Green = *Your best choices*

Regular = *Second best choices*

Red = *Avoid these foods!*

Your Logo

Displayed Here

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

*Buy organic only!

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