

Your Food List

Created for: Nikita agarwal

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Color Key

Green = Your best choices

Regular = Second best choices

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

*Buy organic only!

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