

phone

BENEFICIAL	Pumpkin Seeds
NEUTRAL	100% sprouted grain products
NEUTRAL	abalone
BENEFICIAL	Adzuki beans
NEUTRAL	Agar
BENEFICIAL	Alfalfa
BENEFICIAL	Alfalfa sprouts
AVOID	all commercially processed me
NEUTRAL	Allspice
NEUTRAL	Almond
NEUTRAL	Almond butter
NEUTRAL	Almond cheese
NEUTRAL	Almond extract
NEUTRAL	almond milk
NEUTRAL	Almonds
BENEFICIAL	Aloe
BENEFICIAL	Aloe
BENEFICIAL	Amaranth
AVOID	american cheese
AVOID	anchovy
NEUTRAL	Anise
NEUTRAL	Apple
NEUTRAL	Apple pectin
BENEFICIAL	Apricot
NEUTRAL	Arrowroot
SUP BEN	Artichoke
NEUTRAL	Arugula
NEUTRAL	Asian pear
NEUTRAL	Asparagus
AVOID	Aspartame
NEUTRAL	Avocado
NEUTRAL	Avocado
AVOID	bacon/ham/pork
NEUTRAL	Bamboo Shoots
AVOID	Banana
NEUTRAL	Barley
BENEFICIAL	Barley malt
AVOID	barracuda
NEUTRAL	Basil
AVOID	bass (bluegill, striped)
NEUTRAL	bass (sea)
NEUTRAL	Bay leaf

phone

NEUTRAL	Beechnut
AVOID	beef
AVOID	beef heart
AVOID	Beer
BENEFICIAL	Beet Greens
BENEFICIAL	Beets
NEUTRAL	Beets
AVOID	beluga
NEUTRAL	Bergamot
AVOID	Bitter melon
BENEFICIAL	black beans
BENEFICIAL	Black Currant Seed
BENEFICIAL	Black-eyed peas
SUP BEN	Blackberry
AVOID	blue cheese
SUP BEN	Blueberry
AVOID	bluefish
NEUTRAL	Bok choy
NEUTRAL	Borage seed
BENEFICIAL	Boysenberry
AVOID	brie
SUP BEN	Broccoli
NEUT/INFREQ	Brown Rice syrup
NEUTRAL	Brussels sprouts
BENEFICIAL	Buckwheat
AVOID	buffalo
NEUTRAL	bullhead
BENEFICIAL	Burdock
AVOID	butter
NEUTRAL	butterfish
AVOID	buttermilk
NEUTRAL	Butternut
AVOID	Cabbage
NEUTRAL	Cabbage (juice)
AVOID	calf liver
AVOID	camembert
NEUTRAL	Canang melon
NEUTRAL	Cannellini beans
NEUT/INFREQ	Canola
NEUTRAL	Cantaloupe
AVOID	Capers
NEUTRAL	Caraway
NEUTRAL	Carob

phone

BENEFICIAL	carp
AVOID	Carrageenan
BENEFICIAL	Carrots
NEUTRAL	Casaba melon
AVOID	casein
AVOID	Castor
AVOID	catfish
AVOID	Catnip
NEUTRAL	Cauliflower
AVOID	caviar (sturgeon)
AVOID	Cayenne
NEUTRAL	Celeriac
SUP BEN	Chamomile
AVOID	cheddar
SUP BEN	Cherry
NEUTRAL	Chervil
NEUTRAL	Chestnut
NEUTRAL	chicken
NEUTRAL	Chickweed
BENEFICIAL	Chicory
AVOID	Chili powder
NEUTRAL	Chives
NEUT/INFREQ	Chocolate
NEUTRAL	Cilantro
NEUTRAL	Cinnamon
AVOID	clam
NEUTRAL	Cloves
AVOID	Coconut
AVOID	Coconut
SUP BEN	cod
NEUTRAL	Cod liver
BENEFICIAL	Coffee (reg & decaf)
AVOID	colby
SUP BEN	Collards
NEUTRAL	Coltsfoot
AVOID	conch
AVOID	Copper beans
SUP BEN	Coriander
AVOID	Corn
NEUT/INFREQ	Corn
AVOID	Corn Silk
NEUT/INFREQ	Corn syrup
NEUTRAL	cornish hen

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NEUT/INFREQ	Cornmeal
NEUT/INFREQ	Cornstarch
AVOID	cottage cheese
AVOID	Cottonseed
NEUT/INFREQ	Couscous
AVOID	crab
BENEFICIAL	Cranberry
NEUTRAL	Cranberry (juice)
AVOID	crayfish
AVOID	cream cheese
NEUTRAL	Cream of tartar
NEUTRAL	Crenshaw melon
NEUTRAL	croaker
NEUTRAL	Cumin
NEUT/INFREQ	Currants
NEUTRAL	cusk
NEUTRAL	Daikon radish
SUP BEN	Dandelions
SUP BEN	Dandelions
NEUT/INFREQ	Dates
NEUTRAL	Dewberry
NEUT/INFREQ	Dextrose
NEUTRAL	Dill
NEUTRAL	Dong quai
NEUTRAL	drum
AVOID	duck
BENEFICIAL	Echineia
AVOID	edam
AVOID	eel
AVOID	Eggplant
NEUTRAL	Eggs (chicken, duck, goose, quail)
NEUTRAL	Elderberry
NEUTRAL	Elderberry (dark blue/purple)
AVOID	emmenthal
NEUTRAL	Endive
SUP BEN	Escarole
BENEFICIAL	Essene bread
NEUTRAL	Evening Primrose
NEUTRAL	farmer cheese
BENEFICIAL	Fava beans
NEUTRAL	Fennel
SUP BEN	Fenugreek
SUP BEN	Fenugreek

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NEUT/INFREQ	Feta
NEUTRAL	Fiddlehead fern
BENEFICIAL	Fig (fresh/dried)
NEUTRAL	Filberts
SUP BEN	Flax
SUP BEN	Flax
AVOID	flounder
AVOID	frog
NEUT/INFREQ	Fructose
AVOID	Garbanzo beans
SUP BEN	Garlic
SUP BEN	Garlic
AVOID	Gelatin (exc veg sourced)
BENEFICIAL	Gentian
NEUTRAL	ghee
SUP BEN	Ginger
SUP BEN	Ginger
SUP BEN	Ginkgo biloba
SUP BEN	Ginseng
AVOID	goat
NEUT/INFREQ	goat cheese
NEUTRAL	Goldenseal
AVOID	goose
NEUTRAL	Gooseberry
AVOID	gouda
BENEFICIAL	Grapefruit
NEUT/INFREQ	Grapes (all)
AVOID	gray sole
BENEFICIAL	Green/snap/string beans
NEUTRAL	grinea hen
AVOID	grouper
NEUTRAL	grouse
AVOID	gruyere
NEUT/INFREQ	Guarana
NEUTRAL	Guava
AVOID	Gums (acacia/Arabic/guar)
AVOID	haddock
AVOID	hake
AVOID	Half-and-half
NEUTRAL	halfmoon fish
AVOID	halibut
AVOID	harvest fish
SUP BEN	Hawthorn

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AVOID	herring (fresh, pickled, smoked
NEUTRAL	Hickory nuts
SUP BEN	Holy Basil
NEUT/INFREQ	Honey
AVOID	Honeydew
NEUT/INFREQ	Hops
NEUTRAL	Horehound
AVOID	horse
BENEFICIAL	Horseradish
BENEFICIAL	Horseradish
AVOID	ice cream
NEUTRAL	Invert sugar
AVOID	jarlsberg
NEUTRAL	Jicama bean
AVOID	Juniper
BENEFICIAL	Kale
NEUTRAL	Kamut
NEUTRAL	kefir
AVOID	Ketchup
AVOID	Kidney beans
NEUTRAL	Kiwi
BENEFICIAL	Kohlrabi
NEUTRAL	Kumquat
AVOID	lamb
BENEFICIAL	Leeks
SUP BEN	Lemon
BENEFICIAL	Lentils
NEUTRAL	Lettuce (exc romaine)
BENEFICIAL	Lettuce (romaine)
NEUTRAL	Licorice root
NEUTRAL	Licorice root (avoid if high BP)
BENEFICIAL	Lime
NEUTRAL	Linden
AVOID	Liquor
NEUTRAL	Litchi
AVOID	lobster
NEUTRAL	Loganberry
NEUTRAL	Macadamia nuts
NEUTRAL	Mace
BENEFICIAL	mackerel
NEUTRAL	Mahi-mahi
NEUTRAL	Majoram
NEUT/INFREQ	Maltodextrin

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AVOID	Mangoes
NEUT/INFREQ	Maple Syrup
AVOID	Mayonnaise
AVOID	milk (cow)
NEUT/INFREQ	milk (goat)
BENEFICIAL	Milk thistle
NEUT/INFREQ	Millet
NEUTRAL	Mint (all)
SUP BEN	Miso
NEUTRAL	Molasses
BENEFICIAL	Molasses (blackstrap)
BENEFICIAL	monkfish
AVOID	monterey jack
NEUTRAL	mozzarella
AVOID	MSG
AVOID	muenster
NEUTRAL	Mulberry
NEUTRAL	Mulberry
NEUTRAL	Mullein
NEUTRAL	mullet
NEUTRAL	Mung bean/sprouts
NEUTRAL	Mushrooms (abalone/enoki/oyster/portobello/straw/tree ea
SUP BEN	Mushrooms (maitake/silver doll
AVOID	Mushrooms (shitake)
NEUTRAL	muskellunge
NEUTRAL	Muskmelon
AVOID	mussels
BENEFICIAL	Mustard (dry)
NEUTRAL	Mustard greens
AVOID	mutton
AVOID	Navy beans
NEUTRAL	Nectarine
AVOID	neufchatel
NEUTRAL	Northern beans
NEUTRAL	Nutmeg
BENEFICIAL	Oat Bran
BENEFICIAL	Oat Flour
BENEFICIAL	Oatmeal
AVOID	octopus
BENEFICIAL	Okra
SUP BEN	Olive
AVOID	Olives (blacck/Greek/Spanish)
NEUT/INFREQ	Olives (green)

phone

SUP BEN	Onion (all)
NEUTRAL	orange roughy
AVOID	Oranges
NEUTRAL	Oregano
NEUTRAL	ostrich
AVOID	oyster
NEUTRAL	Oyster plant
NEUTRAL	paneer
AVOID	Papaya
NEUTRAL	Paprika
AVOID	parmesan
NEUTRAL	parrot fish
BENEFICIAL	Parsley
BENEFICIAL	Parsley
BENEFICIAL	Parsnips
AVOID	partridge
NEUTRAL	Peach
AVOID	Peanut
SUP BEN	PeanutButter
SUP BEN	Peanuts
NEUTRAL	Pear
NEUTRAL	Peas (green/snow)
NEUTRAL	Pecans
AVOID	Pepper (black/white)
AVOID	Pepper (cayenne)
AVOID	Pepper (peppercorn/red flakes)
NEUTRAL	Peppermint
AVOID	Peppers (all)
BENEFICIAL	perch (silver, yellow)
NEUTRAL	perch (white)
NEUTRAL	Persian melon
NEUTRAL	Persimmon
AVOID	pheasant
BENEFICIAL	pickerel
NEUT/INFREQ	Pickles (in brine)
AVOID	Pickles (in vinegar)
AVOID	Pickles/relish
NEUTRAL	pike
NEUTRAL	Pine Nuts
SUP BEN	Pineapple
BENEFICIAL	Pinto beans
AVOID	Plantain
SUP BEN	Plum

phone

NEUTRAL	Poi
BENEFICIAL	pollock
NEUT/INFREQ	Pomegranate
NEUTRAL	pompano
NEUT/INFREQ	Popcorn
NEUTRAL	Poppy Seeds
NEUTRAL	porgy
AVOID	Potatoes
AVOID	Potatoes (sweet)
NEUTRAL	Prickly pear
AVOID	provolone
SUP BEN	Prune
BENEFICIAL	Pumpkin
AVOID	quail
NEUT/INFREQ	Quince
AVOID	rabbit
NEUTRAL	Radicchio
NEUTRAL	Radish/ sprouts
SUP BEN	rainbow trout
NEUT/INFREQ	Raisins
SUP BEN	Rappini
NEUTRAL	Raspberries
NEUTRAL	Raspberry leaf
AVOID	Red Clover
SUP BEN	red snapper
AVOID	Rhubarb
AVOID	Rhubarb
NEUTRAL	Rice (while)
BENEFICIAL	Rice (whole)
BENEFICIAL	Rice bran
NEUTRAL	Rice cakes
NEUTRAL	Rice flour products
NEUT/INFREQ	Rice syrup
NEUTRAL	ricotta
NEUTRAL	rosefish
BENEFICIAL	Rosehip
NEUTRAL	Rosemary
NEUTRAL	Rutabaga
BENEFICIAL	Rye (whole)
NEUTRAL	Rye flour products
NEUTRAL	Safflower
NEUTRAL	Saffron
NEUTRAL	Sage

phone

NEUTRAL	Sage
NEUTRAL	Sago palm
NEUTRAL	sailfish
SUP BEN	salmon
AVOID	salmon (smoked)
NEUTRAL	salmon roe
SUP BEN	sardines
NEUTRAL	Savory
NEUTRAL	Scallion
AVOID	scallop
NEUTRAL	scrod
AVOID	scup
NEUTRAL	Sea salt
NEUTRAL	Seaweeds
NEUTRAL	Seaweeds
AVOID	Seltzer
NEUT/INFREQ	Senna
NEUT/INFREQ	Senna
NEUTRAL	Sesame
AVOID	shad
NEUTRAL	Shallots
NEUTRAL	shark
NEUTRAL	Shepherd's Purse
AVOID	sherbet
AVOID	shrimp
NEUTRAL	Skullcap
BENEFICIAL	Slippery Elm
NEUTRAL	smelt
BENEFICIAL	snail
BENEFICIAL	Soba (100% buckwheat)
AVOID	Soda (club)
AVOID	Soda (cola/diet/misc)
AVOID	sole
NEUTRAL	Sorghum
NEUT/INFREQ	sour cream
NEUTRAL	Soy
SUP BEN	soy cheese
BENEFICIAL	Soy flour products
SUP BEN	Soy milk
BENEFICIAL	Soy sauce
NEUTRAL	Spanish melon
NEUTRAL	Spearmint
NEUTRAL	Spelt (whole)

phone

NEUTRAL	Spelt flour products
SUP BEN	Spinach
NEUTRAL	squab
NEUT/INFREQ	Squash (all exd Zucc)
AVOID	squid
AVOID	squirrel
BENEFICIAL	St. John's Wort
NEUT/INFREQ	Star fruit
NEUTRAL	Stevia
BENEFICIAL	Stone root
NEUT/INFREQ	Strawberries
NEUTRAL	Strawberry Leaf
NEUTRAL	sturgeon
AVOID	Succanat
NEUTRAL	sucker
NEUT/INFREQ	Sugar (brown/white)
NEUTRAL	sunfish
NEUTRAL	Sunflower
NEUTRAL	Sunflower butter
NEUTRAL	Sunflower seeds
AVOID	sweetbreads
SUP BEN	Swiss chard
AVOID	swiss cheese
NEUTRAL	swordfish
BENEFICIAL	Tamari (wheat free)
NEUTRAL	Tamarind
AVOID	Tamarind beans
AVOID	Tangerine
NEUTRAL	Taro
NEUTRAL	Tarragon
AVOID	Tea (black: reg/decaf)
SUP BEN	Tea (green)
AVOID	Teff
SUP BEN	Tempeh
NEUTRAL	Thyme
NEUTRAL	Thyme
NEUTRAL	tilapia
AVOID	tilefish
SUP BEN	Tofu
AVOID	Tomato
NEUTRAL	trout (brook)
BENEFICIAL	trout (sea)
SUP BEN	Tumeric

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NEUTRAL	tuna
NEUTRAL	turkey
BENEFICIAL	Turnips
AVOID	turtle
BENEFICIAL	Valerian
NEUTRAL	Vanilla
AVOID	veal
NEUTRAL	Veg. Glycerine
AVOID	venison
AVOID	Vinegar (all)
BENEFICIAL	Walnut
SUP BEN	Walnuts
NEUTRAL	Water chestnut
NEUTRAL	Watercress
NEUTRAL	Watermelon
NEUTRAL	weakfish
NEUTRAL	Wheat (refined/unbleached)
NEUTRAL	Wheat (semolina)
NEUTRAL	Wheat (white flour)
NEUT/INFREQ	Wheat (whole)
AVOID	Wheat bran
AVOID	Wheat germ
NEUTRAL	WheatGerm
AVOID	whey
NEUTRAL	White beans
NEUTRAL	White Birch
NEUTRAL	White Oak bark
BENEFICIAL	whitefish
BENEFICIAL	whiting
SUP BEN	Wine (red)
NEUTRAL	Wine (white)
AVOID	Wintergreen
AVOID	Worcestershire sauce
AVOID	Yam
NEUTRAL	Yarrow
NEUTRAL	Yeast (baker's/brewer/s)
AVOID	Yellow dock
NEUTRAL	yellowtail
NEUTRAL	yogurt
NEUTRAL	Youngberry
AVOID	Yucca
NEUTRAL	Zucchini

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