

Food Colors

Green = Ideal (eat ideal foods at every meal)
Black = Neutral (ok, but emphasize "Ideal" foods)
Italics = Caution (eat rarely or only for variety)
Red = Avoid (don't eat these foods)

Highlight Key

Non-reactive
Mildly Reactive
Moderately Reactive
Highly Reactive

See Highlighted Food Guidelines for complete instructions

Meats	Poultry	Seafood			Legumes		Beverages	
Pork (ham, chops) Beef Lamb Buffalo Elk Heart (beef) Kidney (beef) Liver (beef) Pork (bacon) Rabbit Venison	Chicken (dark meat) Chicken (white meat) Cornish Hen Turkey (white meat) Turkey (dark meat) Duck Goose Pheasant Quail	Bass (freshwater) Bass (sea) Cod Grouper Halibut Mahi-mahi Perch Rockfish Roughy Snapper Catfish Pompano	Shark Swordfish Tuna Whitefish Abalone Clams Crab Crayfish Lobster Octopus Oysters Salmon	Shrimp Squid Trout Anchovy Caviar Herring Mackerel Mussels Sardines Scallop	Azuki Beans Black Beans Black-eyed Peas Garbanzo Beans Great Northern Beans Green Beans Green Peas Lentils Mung Beans Navy Beans Pink Beans Pinto Beans	White Beans Fava Beans Lima Beans Red Beans Soy Beans Tofu	Tea (herbal) Vegetable Juices Water (distilled) Water (pure, bottled) Almond Milk Beer Coffee (caffeinated) Coffee (decaf) Fruit Juices Liquor Oat Milk Rice Milk	Soft Drinks (colas) Soy Milk Tea (black) Tea (green) Water (carbonated) Water (tap) Wine (red) Wine (white)
Dairy and Eggs		Nuts and Seeds	Grains	Greens	Vegetables		Sea Vegetables	
Buttermilk Cream (half and half) Feta Goat Milk Milk (whole) Neufchatel Sour Cream Brie Camembert Cheddar Colby Cream Cheese Edam Goat Cheese Gouda Gruyere Monterey Jack Mozzarella Muenster	Parmesan Provolone Romano Swiss Cottage Cheese Cottage Cheese (lite) Blue Cheese Eggs, Chicken (whites) Eggs, Chicken (yolks) Eggs, Duck (whole) Ice Cream Milk (2%) Milk (skim) Ricotta Roquefort Sorbet Whey Yogurt	Cashews Chestnuts Pine Nuts Pistachios Poppy Seeds Pumpkin Seeds Sesame Seeds Sunflower Seeds Walnuts Brazil Nuts Filberts Hickory Nuts Macadamia Nuts Pecans Almonds Peanuts	Amaranth Quinoa Millet Rice (basmati) Rice (brown) Wild Rice Barley Buckwheat Kamut Oats Rice (plain, white) Rye Spelt Triticale Wheat	Arugula Beet Greens Cilantro Collard Greens Dandelion Greens Endive Kale Lettuce (bibb) Lettuce (iceberg) Lettuce (loose-leaf) Lettuce (romaine) Mustard Greens Radicchio Spinach Sprouts (bean) Swiss Chard Turnip Greens Watercress Sprouts (alfalfa)	Asparagus Avocado Bamboo Shoots Brussels Sprout Celery Cucumber Daikon Eggplant Fennel Garlic Ginger Root Jicama Leek Mushroom (all varieties) Okra Olive (all varieties) Onions Pepper (bell, all colors) Pepper (hot, all colors)	Shallot Tomatoes Water Chestnuts Zucchini Jerusalem Artichoke Artichoke Beets Carrots Corn Parsnip Potato (all varieties) Pumpkin Squash (summer) Squash (winter) Sweet Potato (yam) Bok Choy Broccoli Cabbage Cauliflower	Kohlrabi Radish Rutabaga Turnip Agar Dulse Kelp Laver Wakame Irish Moss (carrageenan)	
Fruits		Oils and Fats			Herbs, Spices and Seasonings			
Apples Apricots Blackberries Cherries Coconut Cranberries Elderberries Gooseberries Grapefruit Grapes Guava Lemons Nectarines Oranges Papaya	Pears Persimmon Plums Pomegranate Prunes Raspberries Rhubarb Strawberries Currants Limes Tangerines Banana Blueberries Boysenberries Cantaloupe	Casaba Melon Dates Figs Honeydew Melon Kiwifruit Kumquat Loganberries Mango Pineapple Raisins Watermelon Peaches	Borage Oil Evening Primrose Oil Fish Oils Flaxseed Oil Ghee (clarified butter) Olive Oil Almond Oil Black Currant Oil Butter (salted) Butter (unsalted) Hemp Oil Sesame Oil Wheat Germ Oil Canola Oil Coconut Oil	Corn Oil Gottonseed Oil Margarine Palm Kernel Oil Peanut Oil Safflower Oil Sunflower Oil	Anise Basil Bay Leaf Caraway Cardamom Cayenne Chervil Chili Powder Chive Cloves Coriander Cumin Dill Weed Fennel Seed Fenugreek	Garlic Powder Ginger Mace Marjoram Mustard Seed Oregano Paprika Parsley Peppermint Rosemary Saffron Sage Savory Spearmint Tarragon	Thyme Turmeric Vinegar (apple cider) Wasabi Carob Cinnamon Honey Nutmeg Pepper (ground black) Salt (sea salt, unrefined) Vinegar (balsamic) Artificial Sweeteners Chocolate Gurry Powder Horseradish	Ketchup Mayonnaise Molasses Mustard Salt (iodized) Salt (low sodium) Soy Sauce Sugar (brown) Sugar (white) Salt (low sodium, unrefined) Vanilla (extract) Vinegar (rice) Vinegar (wine)