

## Food Colors

Green = Ideal (eat ideal foods at every meal)

Black = Neutral (ok, but emphasize "Ideal" foods)

Meats	Poultry	Seafood		Legumes		Beverages	
Beef Buffalo Elk Heart (beef) Kidney (beef) Lamb Liver (beef) Pork (ham, chops) Rabbit Venison	Chicken (dark meat) Duck Goose Quail Turkey (dark meat) Chicken (white meat) Cornish Hen Pheasant Turkey (white meat)	Anchovy Bass (freshwater) Catfish Clams Mackerel Mussels Octopus Oysters Perch Pompano Salmon Sardine	Scallop Shrimp Squid Trout Whitefish Abalone	Azuki Beans Black Beans Fava Beans Garbanzo Beans Great Northern Beans Green Peas Lentils Lima Beans Mung Beans Navy Beans Pink Beans Pinto Beans	Red Beans White Beans	Tea (herbal) Water (carbonated) Water (distilled) Water (pure, bottled)	
Dairy and Eggs		Nuts and Seeds	Grains	Greens	Vegetables		Sea Vegetables
Eggs, Chicken (whites) Eggs, Chicken (yolks) Eggs, Duck (whole) Blue Cheese Brie Buttermilk Camembert Cheddar Colby Cottage Cheese Cottage Cheese (lite) Cream (half and half) Cream Cheese Edam Feta Goat Cheese Goats Milk Gouda Gruyere	Milk (2%) Milk (skim) Milk (whole) Monterey Jack Mozzarella Muenster Neufchatel Parmesan Provolone Ricotta Romano Roquefort Sour Cream Swiss Whey Yogurt	Almonds Filberts Pine Nuts Pumpkin Seeds Sunflower Seeds Brazil Nuts Cashews Chestnuts Hickory Nuts Macadamia Nuts Pecans Pistachios Poppy Seeds Sesame Seeds Walnuts	Amaranth Kamut Oat Quinoa Spelt Triticale	Beet Greens Cilantro Collard Greens Dandelion Greens Kale Mustard Greens Radicchio Swiss Chard Turnip Greens Arugula Endive Lettuce (bibb) Lettuce (iceberg) Sprouts (bean) Watercress	Bok Choy Carrot Olive (all varieties) Pumpkin Artichoke Avocado Bamboo Shoots Brussels Sprout Cabbage Cauliflower Daikon Fennel Garlic Ginger Root Jerusalem Artichoke Jicama Kohlrabi Leek Mushroom (all varieties)	Okra Onion Radish Rutabaga Shallot Turnip Water Chestnuts Zucchini	Dulse Agar Irish Moss Kelp Laver Wakame
Fruits		Oils and Fats		Herbs, Spices and Seasonings			
Apricots Blackberries Boysenberries Casaba Melon Coconut Cranberries Currants Elderberries Gooseberries Guava Kumquat Lemons Limes Loganberries Mango	Nectarines Oranges Pears Persimmon Plums Pomegranate Prunes Rhubarb	Almond Oil Fish Oil Flax Oil Peanut Oil Safflower Oil Sunflower Oil Wheat Germ Oil Black Currant Oil Borage Oil Butter (salted) Butter (unsalted) Coconut Oil Evening Primrose Oil Ghee (clarified butter) Olive Oil	Palm Kernel Oil Sesame Oil	Anise Basil Bay Leaf Caraway Cardamom Carob Cayenne Chervil Chili Powder Chive Cloves Coriander Cumin Curry Powder Dill Weed	Fennel Seed Fenugreek Garlic Powder Ginger Horseradish Mace Marjoram Mustard Mustard Seed Oregano Paprika Parsley Peppermint Rosemary Saffron	Sage Salt (iodized) Salt (low sodium) Salt (sea salt, unrefined) Savory Spearmint Tarragon Thyme Turmeric Vinegar (apple cider) Vinegar (balsamic) Vinegar (rice) Vinegar (wine) Wasabi	