

## BENEFICIAL FOODS

## FOODS TO AVOID

MEATS / POULTRY	Eggs, Lamb, Mutton, Rabbit, Turkey	Bacon, Beef, Chicken, Duck, Ham, Heart, Pork, Quail, Veal, Venison
SEAFOOD	Cod, Mackerel, Ocean perch, Rainbow trout, Red snapper, Salmon, Sardine, Sea trout, Tuna	Abalone, Anchovy, Caviar, Clam, Crab, Crayfish, Eel, Flounder, Haddock, Halibut, Herring (pickled), Lobster, Octopus, Oysters, Prawns, Salmon (smoked)
DAIRY SUBSTITUTES	Cottage cheese, Feta, Goat cheese, Goat milk, Mozzarella, Ricotta, Sour cream, Yoghurt	Blue cheese, Brie, Butter, Buttermilk, Camembert, Ice cream, Parmesan, Provolone, Whole milk
OILS / FATS	Olive oil	Corn oil, Cottonseed oil, Safflower oil, Sesame oil, Sunflower oil
NUTS / SEEDS	Chestnuts, Peanuts, Peanut butter, Walnuts	Hazelnut, Poppy seeds, Pumpkin seeds, Sesame butter (tahini), Sesame seeds, Sunflower margarine, Sunflower seeds
BEANS / LEGUMES	Navy bean, Pinto bean, Red bean, Green Lentils, Tempeh, Tofu,	Aduki bean, Black bean, Fava bean, Kidney bean, Lima bean, Mung bean, Chick peas, Black-eyed Peas
CEREALS	Brown rice bread, Essene bread, Millet, Oat bran, Oatmeal, Rice cakes, Rice, bran, Rice (puffed), 100% rye bread, Rye crisps, Ryvita, Spelt, Soya flour bread, Sprouted wheat bread, Wasa bread	Buckwheat, Pasta, Soba noodles
GRAINS / PASTAS	Oat flour, Riceflour, Rye flour, Sprouted wheat flour, Rice	
VEGETABLES	Beets, Beet leaves, Broccoli, Cauliflower, Celery, Collard greens, Cucumber, Dandelion, Eggplant, Garlic, Kale, Mustard greens, Parsley, Parsnips, Sprouts, Alfalfa, Sweet potatoes, Yams	Artichoke, domestic, Artichoke, Jerusalem, Avocado, Capsicum, Corn, Mushroom (abalone and shitake), Olives (black), Jalapeno pepper, Radishes, Sprouts, Sprouts, Radish
FRUIT	Cherries, Cranberries, Figs, Gooseberries, Grapes, Grapefruit, Kiwi, Lemons, Loganberries, Pineapples, Plums	Bananas, Coconuts, Guava, Mango, Orange, Persimmon, Pomegranate, Rhubarb, Starfruit (carambola)
JUICES	Cabbage, Carrot, Celery, Cherry (black), Cranberry, Grape, Pawpaw	Orange
SPICES	Curry, Garlic, Horseradish, Miso, Parsley	Allspice, Almond extract, Anise, Barley malt, Capers, Comflour, Gelatine, Pepper, Pepper (cayenne), Tapioca
CONDIMENTS		Pickles, Relish, Tomato sauce, Vinegar, Worcestershire sauce
HERBAL TEAS	Alfalfa, Burdock, Chamomile, Echinacea, Ginger, Ginseng, Green Tea, Hawthorn, Liquorice root, Rosehip, Strawberry leaf	Aloe, Corn silk, Fenugreek, Gentian, Hops, Linden, Mullein, Senna, Shepard's purse, Skullcap, Red clover, Rhubarb
MISCELLANEOUS BEVERAGES	Coffee (regular), Coffee (decaffeinated), Tea, Green tea	Alcoholic spirits, Soft drink, Tea (black decaffeinated and black regular)

