



Meat & Poultry

- Beneficial – Lamb, rabbit
- Neutral – Beef, turkey
- Harmful – bacon, chicken, duck, ham, pork

Seafood

- Beneficial – cod, halibut, mackerel, salmon, sardine
- Neutral – carp, herring, trout, squid, whitefish
- Harmful – anchovy, clam, crab, lobster, octopus, mussels, oysters, shrimp, snail

Eggs & Dairy

- Beneficial – cottage cheese, feta, goat milk kefir, mozzarella, ricotta, milk, yogurt
- Neutral – butter, buttermilk, cheddar, cream cheese, edam, gouda, parmesan, provolone, soy products, whey, whole milk
- Harmful – American cheese, blue cheese, ice cream

Oils & Fat

- Beneficial – olive oil
- Neutral – cod liver oil, flaxseed oil
- Harmful – canola, corn, cottonseed, peanut, sunflower, safflower, sesame oils

Nuts & Seeds

- Beneficial – None
- Neutral – almonds, brazil nuts, chestnuts, macadamia, pecans, walnuts
- Harmful – cashews, filberts, peanuts, poppy seeds, pumpkin seeds, tahini, sunflower seeds, sesame seeds

Beans & Legumes

- Beneficial – kidney, lima, navy
- Neutral – fava greens, red, string, white, tamarind, peas
- Harmful – azuki, black beans, garbanzos, pinto, lentils, black eyed peas

Misc. Beverages

- Beneficial – green tea
- Neutral – coffee, beer, tea, wine
- Harmful – liquor, seltzer, soda

Grains & Pasta

- Beneficial – oat flour, rice flour
- Neutral – spelt, white flour, pasta, quinoa, rice
- Harmful – buckwheat, couscous, barley, bulgur wheat, gluten flour, rye, wild rice

Breads & Muffins

- Beneficial – brown rice, essence, Ezekiel bread, millet, wasa
- Neutral – gluten free, oat bran muffins, pumpernickel, spelt
- Harmful – bagels, corn, multi-grain, rye, wheat

Cereals

- Beneficial – millet, oat, rice spelt
- Neutral – granola, cream of rice
- Harmful – amaranth, barley, buckwheat, corn, rye, seven grain, wheat

Condiments

- Beneficial – None
- Neutral – apple butter, jam, mayonnaise, mustard, pickles, relish, salad dressing, Worcestershire sauce
- Harmful – Ketchup

Spices

- Beneficial – cayenne, curry, ginger, horseradish, parsley
- Neutral – arrowroot, basil, caraway, cardamom, carob, chocolate, clove, cumin, dill, garlic, honey, kelp, maple syrup, miso, oregano, salt, soy sauce, sugar, vinegar
- Harmful – allspice, almond extract, cinnamon, corn starch, corn syrup, gelatin, pepper, tapioca

