



Meat & Poultry

- Beneficial – beef, buffalo, heart, lamb, liver, mutton, veal, venison
- Neutral – chicken, cornish hens, duck, partridge, turkey, pheasant, quail, rabbit
- Harmful – bacon, goose, ham, pork

Seafood

- Beneficial – bluefish, cod, hake, sole, halibut, herring, mackerel, pike, rainbow trout, red snapper, salmon, sardines, striped bass, swordfish, whitefish, yellow perch, yellowtail
- Neutral – tuna, anchovy, beluga, bass, clam, crab, crayfish, flounder, frog, grouper, squid, haddock, lobster, mussels, monkfish, ocean perch, mahimahi, oysters, pickerel, scallop, sea bass, sea trout, shrimp
- Harmful – barracuda, catfish, caviar, conch, herring, lox, octopus

Eggs & Dairy

- Beneficial – None
- Neutral – butter, farmer chees, feta, goat cheese, mozzarella, soy cheese, soy milk
- Harmful – American cheese, blue, brie, buttermilk, camembert, casein, cheddar, Colby, cottage, cream cheese, edam emmenthal, goat milk, gouda, ice cream, jarlsberg, kefir, Monterey Jack, munster, parmesan, provolone, ricotta, skim or 2% milk, string cheese, Swiss, whey, whole milk, yogurt

Oils & Fat

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

Nuts & Seeds

- Beneficial – pumpkin seeds, walnuts
- Neutral – almonds, almond butter, chestnuts, filberts, hickory, macadamias, pecans, pine nuts, sesame seeds, sunflower seeds, tahini, sunflower seed butter
- Harmful – brazil nuts, cashew, pistachios, peanuts, peanut butter, poppy seeds, litchi

Beans & Legumes

- Beneficial – adzuki, pinto, black eyed peas
- Neutral – black beans, broad, fava, garbanzo, green, lima, northern, red, soy, snap, string, white, green peas
- Harmful – copper beans, navy beans, tamarind, domestic green and red lentils

Misc. Beverages

- Beneficial – seltzer water
- Neutral – beer, green tea, red wine, white wine
- Harmful – regular and decaf coffee, distilled liquors, cola, diet sodas, black teas

Grains & Pasta

- Beneficial – none
- Neutral – barley flour, buckwheat, kasha, artichoke pasta, quinoa, brown, white and wild rice, rye flour, spelt flour
- Harmful – bulgur, couscous, durum flour, gluten, graham and oat flours, soba noodles, semolina pasta, spinach pasta, sprouted whole wheat flour, white flour, whole wheat flour

Breads & Muffins

- Beneficial – Essene and Ezekiel breads
- Neutral – brown rice, gluten free, 100% rye, soy flour, spelt, wasa bread, Fin crisps, millet, rice cakes, rye crisps
- Harmful – wheat bagels, corn muffins, durum wheat, english muffins, high protein breads, wheat, matzoh, multigrain bread, oat bran bread, pumpnickel, sprouted wheat bread, wheat bran muffins, whole wheat bread

Cereals

- Beneficial – none
- Neutral – amaranth, barley, spelt, buckwheat, cream of rice, kamut, kasha, rice bran, puffed millet, puffed rice
- Harmful – cornflakes, cornmeal, cream of wheat, grape nuts, oat bran, oatmeal, seven grain cereal, shredded wheat, wheat bran, wheat germ



Condiments

- Beneficial – none
- Neutral – apple butter, jams, mustard, salad dressing, Worcestershire sauce
- Harmful – ketchup, mayonnaise, dill, kosher, & sweet and sour pickles, relish

Spices

- Beneficial – carob, cayenne, curry, dulse, kelp, parsley, turmeric
- Neutral – agar, allspice, almond, anise, arrow-root, basil, bay leaf, dill, dulse, kelp, honey, horseradish, salt, nutmeg, oregano, tamari, barley malt, savory, chives, tapioca, maple syrup, rice syrup, soy sauce, spearmint, sucanat, wintergreen, white and brown sugar, tarragon, thyme
- Harmful – capers, cinnamon, cornstarch, corn syrup, nutmeg, black and white pepper, vanilla extract, apple cider, balsamic, red white and white wine vinegars

Vegetables

- Beneficial – artichokes, beet greens, broccoli, chicory, collard greens, dandelion greens, escarole, garlic, horseradish, kale, parsley, parsnips, sweet potatoes, pumpkin, seaweed, spinach, swiss chard, turnips
- Neutral – arugula, asparagus, bamboo shorts, beets, bok choy, carrots, celery, zucchini, cilantro, cucumber, dill, endive, fennel, yams, fiddleheads, ginger, tofu, Boston lettuce, iceberg, mesclun lettuce, tempeh, lima beans, green olives, green onions, green, yellow & jalapeno peppers, radicchio, shallots, snow peas, mung beans, radish sprouts, squash, tomatoes
- Harmful – avocado, red and white cabbage, cauliflower, white and yellow corn, eggplant, mushrooms, mustard greens, black, Greek and Spanish olives, red and white potatoes, alfalfa sprouts, brussel sprouts

Juices

- Beneficial – black cherry, pineapple, prune
- Neutral – apricot, carrot, celery, cranberry, cucumber, grape, grapefruit, papaya, tomato water, vegetable juice
- Harmful – apple, apple cider, cabbage, orange

Fruits

- Beneficial – figs, plums, prunes
- Neutral – apples, apricots, black and red currants, cherries, boysenberries, mangoes, cranberries, star fruit, elderberries, grapes (black, red, green, concord), guava, kiwi, kumquats, lemons, limes, loganberries, papayas, dates, watermelon, pear, nectarine, peaches, pineapple, persimmons, pomegranates, raisins, raspberries, strawberries
- Harmful – black berries, coconut, cantaloupe, honeydew, oranges, rhubarb, strawberries, tangerines

Herbal Teas

- Beneficial – cayenne, chickweed, dandelion, fenugreek, ginger, hops, mulberry, parsley, peppermint, rose hips, sarsaparilla
- Neutral – catnip, chamomile, dong quai, elder, ginseng, green tea, hawthorn, raspberry, sage, spearmint, thyme, valerian, birch, yarrow
- Harmful – alfalfa, aloe, burdock, Echinacea, goldenseal, red clover, rhubarb, St. John’s wort, senna, yellow dock, strawberry leaf

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