

Alkaline and neutral foods in bold typeSuper foods underscored

* Good for lowering blood pressure and cholesterol

#Contains lectin or other agglutinin

HIGHLY BENEFICIAL**NEUTRAL****AVOID****Meats and Poultry**

beef	partridge#	<u>chicken-skinless</u>	guinea hen	bacon
beef, ground	pheasant	cornish hens	horse	ham
buffalo	rabbit	duck	lamb	pork
heart	squab#	goat	liver	
mutton	sweetbreads	goose	quail	
ostrich	veal	grouse	squirrel#	
	venison		turtle	
			<u>turkey-skinless breast</u>	

Seafood

bluegill bass		albacore (tuna)	opal eye fish	abalone
bluefish	<u>sardine*</u>	beluga	orange roughy	anchovy
cod	shad	bluefish	<u>oysters</u>	barracuda#
hake	snapper	bullhead	pickerel	crab
<u>herring</u>	sole	butterfish	pompano	conch
mackerel*	sturgeon	carp	porgy	frog#
perch (ocean, silver white, yellow)	swordfish	catfish	red snapper	herring (pickled)
pike	tilefish	caviar	rosefish	lox (smoked salmon)
rainbow trout	yellowtail	chub	sailfish	muskellunge
		<u>clam#</u>	scallop	mussels
		crayfish	scrod	octopus
		croaker	scup	Pollack
		cusk	<u>sea bass</u>	squid (calamari)#
		drum	<u>sea trout</u>	
		eel#	<u>salmon</u>	
		flounder#	salmon roe	
		gray sole#	shark	
		grouper	shrimp	
		haddock#	smelt	
		<u>halibut</u>	snail	
		halfmoon fish	striped bass	
		harvest fish	sucker	
		lobster	sunfish	
		mahimahi	tilapia	
		monkfish	trout (brook)	
		mullet	turtle	
			weakfish	
			whitefish	
			whiting	

Dairy and eggs

eggs 3-4 weekly

None	butter	American cheese	jarlsburg
	chicken egg	blue cheese	kefir
	duck egg	brie	monterey jack
	egg white	buttermilk	mozzarella
	egg yolk	camembert	munster
	ghee (clarified butter)	casein	neufchatel
	goose egg	cheddar	paneer
	quail egg	colby	parmesan
		cottage	provolone

cream cheese	quark cheese
edam	ricotta
emmental	skim or 2% milk
farmer cheese	sour cream
feta cheese	<u>soy cheese*</u>
goat milk	<u>soy milk*</u>
goat cheese	string cheese
gouda	swiss cheese
gruyere	whey
half and half	whole milk
ice cream	yogurt, all varieties

Oils and fats

almond oil
olive oil*
 walnut oil

black currant seed
 coconut oil
 linseed (flaxseed)oil*

sesame oil

borage seed oil
canola oil*
 castor oil#
 cod liver oil
 corn oil#
 cottonseed oil
 evening primrose oil

peanut oil
 safflower oil
 soy oil
 sunflower oil
 wheat germ oil

Nuts and seeds

pumpkin seeds*
walnuts black
walnuts, English*

almonds*
almond butter*
 butternut
 filbert*
 flaxseed
 hickory*
macadamia*

pecans*
 pine nuts*
 safflower seed
sesame butter (tahini)
sesame seeds*
 sunflower butter

almond cheese
 almond milk
 beechnut
 brazil nut
 cashew
chestnuts*
 litchi

peanuts#
 peanut butter#
 pistachios
 poppy seeds
sunflower seeds#

Beans and legumes

beans, adzuki*
beans, black*
beans, broad*
beans, cannellini*
beans, green*
beans, lima*
 beans, mung/
 sprouts
beans, northern*
beans, pinto*
beans, red*

beans, red soy*
beans, snap*
beans, string*
beans, white*
 lentils, domestic
 lentils, green
 lentils, red
jicama*
peas, black-eyed*
peas, green*
pea pods*

beans, copper#
beans, fava*
beans, garbanzo*
 beans, kidney#
 beans, navy#
 beans, tamarind
soybeans
soy cheese
 soy flakes
 soy granules (Lecithin)

soy milk
 Tempeh (fermented soy)
 Tofu (soy cake)

Grain

Essene Bread (Manna bread)

amaranth
Ezekiel bread
gluten-free bread
 kamut
millett
quinoa
rice (cream of)
Rice (puffed)
rice (white/brown/
basmati) bread
 rice (wild)

rice bran
 rice cake/flour
 rice milk
rye flour (whole rye)
rye/100% rye bread
Teff

artichoke flour/
pasta#
 barley#
buckwheat/Kasha#
 corn (all)#
 cornmeal#
 couscous#
 gluten flour#
 popcorn#
 sorghum#
 wheat (Bran)#
 wheat germ#

oat flour
oat/oatbran/oatmeal
soba noodles#
soy flour/bread
spelt flour products
 tapioca

wheat (gluten flour products)#
wheat refined unbleached)#
wheat (semolina flour products)#
wheat (white flour products)#
wheat (whole wheat products)#
wheat bread (sprouted commercial,
except Essene and Ezekiel)#

Vegetables

artichoke, domestic*
artichoke,Jerusalem*
beet greens
broccoli*
carrots
chicory
collard greens*
dandelion
escarole
garlic*
ginger
horseradish
kale*
kelp
kohlrabi
okra

onion, green
onions, red*
onions, Spanish*
onions, white
onions, yellow*
parsley*
peppers, red
peppers,cayenne

pumpkin
seaweed
spinach*
swiss chard

arugula
asparagus
bamboo shoots
beets
bok choy
carrot juice
celery
chervil
chili pepper
coriander
daikon radish
endive
fennel
fiddlehead ferns
lettuce, Bibb
lettuce, Boston
lettuce, iceberg
lettuce, mesclun
lettuce, romaine
mushroom,abalone
mushroom,domestic
mushroom,enoki
mushroom, maitake
mshrm,Portobello
mshrm, tree oyster
mushroom,straw
mustard greens
olives, green
olives, Greek
olives, Spanish

oyster plant
parsnips

peas, green
peapods
peas, snow
peppers, green
peppers, jalapeno
peppers, yellow
pimento
potatoes, sweet
radicchio
radishes
rappini
rutabaga
scallion
shallots
snow peas
sprouts, mung
sprouts, radish
squash, all types
tempeh*
tofu*
tomato
tomato juice
turnips
water chestnut
watercress
yams, all types
zucchini

agar
alfalfa sprouts#
aloe/aloe tea/juice#
brussels sprouts
cabbage, chinese
cabbage, red
cabbage, white
cabbage juice
caper
cauliflower
corn, white
corn, yellow
cucumber#
eggplant
juniper
leek#
mshrm,shiitake
olives, black
pickles in brine
pickles in vinegar
poi
potatoes, red#
potatoes, white#
rhubarb
sauerkraut
sprouts, alfalfa
sprouts, Brussels
taro
yucca

Fruit

avocados
bananas
blueberries
cherries/juice (all)
figs, dried*
figs, fresh
guava/juice
mangoes
pineapple juice
plums, dark
plums, green
plums, red
prunes*/juice
pomegranates
prickly pear

boysenberries
breadfruit
cranberries/juice
currants, black
currants, red
dates (all)
dewberry
elderberries (all)
gooseberries
grapefruit/juice
grapes, black
grapes, Concord
grapes, green
grapes, red
kumquat
lemons/juice
limes/juice
loganberries

melon, casaba
melon, Crenshaw
melon, Christmas
melon, musk
melon, Persian
melon, Spanish
melon, watermelon
nectarines
papayas/juice
peaches
pears/juice
persimmons
pineapples
quince
raisins
raspberries
sago palm
starfruit

apples*/juice
apple cider
apricots/juice
Asian pears#
bitter melons
blackberries#
coconuts/milk
kiwi
melon, cantaloupe
melon, honeydew
oranges/juice
plantains#
rhubarb
strawberries
tangerines

mulberry
melon, **canang**

water with lemon

Spices

basil
bayleaf
curry
dulce
horseradish
kelp
licorice root
oregano
parsley
pepper, cayenne
saffron
tarragon

agar
allspice
almond extract
anise
arrowroot
barley malt
bergamot
brown rice syrup
cardamom
carob
caraway
chervil
chili powder
chives
chocolate
cilantro
clove
coriander
cream of tartar
cumin
dill
garlic
gelatin, plain
honey
maple syrup
marjoram
mint
miso
molasses

mustard (dry)
nutmeg
paprika
pepper, peppercorn
pepper, red pepper
peppermint
pimiento
rice syrup
rosemary*
sage
salt
savory
senna
soy sauce
spearmint
sucanat
sugar, white
sugar, brown
tamari
tamarind
tapioca
turmeric
thyme
wintergreen

acacia (Arabic gum)
capers
cinnamon
cornstarch#
corn syrup
guarana
mace
pepper,black ground
pepper, white
vanilla

Condiments

yeast (Brewer's)

apple butter
gelatin, plain
jam (from
acceptable fruit)
jelly (from
acceptable fruit)
MSG

mustard (wheat-free,
vinegar free)

salad dressing (low-
fat, from acceptable
ingredients)
sea salt
yeast (baker's)

carrageenan
guar gum
ketchup#
mayonnaise
miso

mustard with vinegar & wheat
mustard with vinegar, wheat-free
mustard with wheat,vinegar-free
pickle relish
pickles, dill
pickles, kosher
pickles, sweet
pickles, sour

soy sauce
tamari (wheat-free)
vinegar, balsamic/
white/red/rice

vinegar (apple cider)
Worcestershire sauce

Herbal teas

cayenne
chickweed
dandelion
fenugreek
ginger

mulberry
parsley
peppermint
rose hips
sarsaparilla

catnip
chamomile
dong quai
elder
ginseng

raspberry leaf
sage
skullcap
spearmint
thyme

alfalfa
aloe
burdock
coltsfoot
corn silk

red clover
rhubarb
Saint-John's-wort
senna
shepherd's purse

hops	slippery elm	green tea	valerian	echinacea	strawberry leaf
linden		hawthorn	vervain	gentian	yellow dock
		horehound	white birch	goldenseal	
		licorice root	white oak bark		
		mullein	yarrow		
<u>Miscellaneous beverages</u>					
soda, club		wine, red		beer	soda, diet
seltzer water				coffee, regular	soda, other
<u>tea, green*</u>				coffee, decaf	tea, black decaf
				liquor, distilled	tea, black regular
				soda, cola	wine, white
<u>Sweetener</u>					
		almond extract		aspartame	maltodextrin
		molasses		barley malt	maple syrup
		molasses (blackstrap)		corn syrup	rice syrup
				dextrose	stevia
				fructose	sucanat
				honey	sugar (brown/white)
				invert sugar	

FOODS THAT ENCOURAGE WEIGHT GAIN

wheat gluten	interferes with insulin efficiency
	slows metabolic rate
corn	interferes with insulin efficiency
	slows metabolic rate
kidney beans	impair calorie utilization
navy beans	impair calorie utilization
cabbage	inhibits thyroid hormone
Brussels sprouts	inhibits thyroid hormone
cauliflower	inhibits thyroid hormone
mustard greens	inhibit thyroid production

FOODS THAT ENCOURAGE WEIGHT LOSS

kelp	contains iodine
	increases thyroid hormone production
seafood	contains iodine
	increases thyroid hormone production
iodized salt	contains iodine
	increases thyroid hormone production
liver	b-vitamin source
	aids efficient metabolism
red meat	aids efficient metabolism
kale, spinach,	aids efficient metabolism
broccoli	aids efficient metabolism