

Food Group	Highly Beneficial	Beneficial	Neutral	Avoid
Meat & Poultry	Beef (regular, lean)	Chicken, Turkey	Lamb, Veal	Pork, Duck, Goose
Seafood	Bluefish, Flounder, Cod, Mackerel, Salmon, Sardines	Haddock, Halibut, Herring, Lobster, Mussels, Oysters	Shrimp, Scallops	Catfish, Clams, Crab, Eel, Squid
Eggs & Dairy	Eggs		Cheese (feta, goat), Yogurt (all varieties, except whole milk)	Milk (whole, skim, 2%), Butter, Ice Cream, Most Cheeses
Oils & Fats	Olive Oil, Linseed (flaxseed) Oil, Sesame Oil		Canola Oil	Margarine, Shortening
Nuts & Seeds	Pumpkin Seeds, Walnuts	Almonds, Chestnuts, Filberts	Sunflower Seeds	Peanuts, Cashews
Beans & Legumes	Aduki Beans	Black Beans, Kidney Beans, Pinto Beans		Soybeans, Tofu, Tempeh
Cereals	None	Amaranth, Buckwheat, Kamut	Cream of Rice	Wheat, Barley, Oats, Rye
Fruits	Apples, Berries, Grapefruit, Kiwi, Lemons, Limes, Melons, Peaches, Pears, Plums	Bananas, Grapes, Mango, Oranges, Pineapple		Dates, Figs
Vegetables	Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Garlic, Kale, Leeks, Lettuce, Mushrooms, Onions, Peppers, Spinach, Sweet Potatoes, Swiss Chard, Tomatoes	Artichokes, Asparagus, Corn, Green Beans, Peas	Avocados, Eggplant, Olives, Potatoes (white)	