

Eat more of these...

Vegetables		Legumes, Beans, Peas	Sweeteners
Artichokes	Radicchio	Adzuki beans	Dates
Arugula	Rutabaga	Black beans	Fruit juice concentrates
Asparagus	Spinach	Black-eyed peas	Maple syrup
Bamboo shoots	Sprouts	Chickpeas	Sucanat
Bell pepper	Turnip greens	Lentils, brown	Sweet fruits
Broccoli	Winter squash	Lima beans	Herbs, Spices
Brussels sprouts	Watercress	Mung dhal	Black cumin
Burdock root	Fruits	Muth beans	Basil, fresh
Cabbage	Apples	Navy beans	Caraway
Carrots and carrot tops	Apricot	Pinto beans	Cardamom
Cassava	Avocado	Split peas, green or yellow	Cilantro
Cauliflower	Berries	Nuts and Seeds	Cinnamon
Celery	Coconut	Coconut	Cloves
Collards	Dates	Poppy	Curry powder and leaves
Corn (organic), fresh	Dried Fruits, sweet	Pumpkin seeds	Coriander
Cucumber	Dates	Sunflower seeds	Cumin
Daikon radish	Figs, fresh	Water chestnuts	Dill
Dandelion greens	Grapes	Dairy (if tolerated)	Fennel
Endive	Kiwi	Butter, unsalted	Garam masala
Escarole	Lemon	Cheese, mild or soft	Ginger
Green beans	Lime	Goat's milk	Kudzu
Jerusalem artichoke	Mango	Ice cream, homemade	Mace
Jicama	Melons	Yogurt	Mint
Kale	Oranges, sweet	Meats, Fish, Poultry	Nutmeg
Kohlrabi	Pears	Beef (moderation)	Orange peel
Lambsquarter	Pineapple	Chicken	Parsley
Land cress	Plums	Duck (moderation)	Peppermint
Leeks	Pomegranate	Eggs (moderation)	Saffron
Lettuce	Quince, sweet	Freshwater fish	Spearmint
Mustard greens	Raisins	Lamb (moderation)	Tamarind
Okra	Strawberries	Pork	Turmeric
Parsley	Tamarind	Shrimp (moderation)	Vanilla
Parsnips	Watermelon	Turkey	Wintergreen
Peas	Grains (if tolerated)	Oils	Teas
Plantain	Barley	Avocado	Chicory
Poke root	Basmati Rice	Coconut	Hibiscus
Potatoes, white	Brown rice, sweet	Olive	Mint
Pumpkin	Oats, whole	Sunflower seeds	Rose
	Sushi rice		

Eat less of these...			
Vegetables	Fruits	Legumes, Beans, Peas	Sweeteners
Beets	Bananas	Lentils, red	Honey
Beet greens	Berries, sour	Soy	Molasses
Eggplant	Grapefruit	Toor, dhal	Sugar substitutes
Horseradish	Papaya		White sugar
Hot chili peppers	Peaches	Nuts and Seeds	
Mushrooms	Persimmon	All nuts	Herbs, Spices
Onion, raw	Rhubarb	Sesame seeds	Ajwan
Radishes	Soursop		Allspice
Swiss chard		Dairy (if tolerated)	Anise
Taro root	Grains	Cheeses, hard	Asafoetida
Tomatoes	Amaranth	Dairy, commercial	Basil, Dry
Turnips	Buckwheat	Goat's cheese	Bay leaf
	Corn	Sour cream	Cayenne
	Millet		Fenugreek
Chili peppers, hot	Quinoa	Oils	Garlic
Garlic	Rice, in excess	Almond	Horseradish
Gomasio	Rye	Animal fats	Mango powder
Ketchup		Apricot	Marjoram
Mayonnaise, commercial	Teas	Corn	Mustard seeds
Miso	Ginger	Mustard	Onion, raw
Mustard, commercial	Ginseng	Sesame, dark	Oregano
Perservatives	Hyssop	Vegetable, mixed	Paprika
Pickles, sour	Sage		Pippali
Salt, iodized			Rosemary
Soy sauce			Sage