

1. GREEN-GREEN Superfoods	2. GREEN Good Foods	2. GREEN Good Foods	3. GREEN-YELLOW Borderline good	4. YELLOW Borderline not good	5. YELLOW-RED Avoid	6. RED Shun	6. RED Shun
<p>VEG: NON-STARCHY beet greens broccoli Brussels sprouts cabbage, red cabbage, white cauliflower kale Swiss chard turnip greens</p> <p>Herbs parsley garlic ginger</p> <p>EGGS eggs, omega-3</p> <p>FISH, FINFISH anchovy, unsalted carp cod livers cod liver pâté eel herring jack fish mackerel pilchards salmon sardine shark swordfish tuna, fresh bluefin only trout</p> <p>FISH, SHELLFISH clam oysters shrimp squid</p> <p>NUTS flaxseed hempseed</p>	<p>VEG: NON-STARCHY alfalfa sprouts artichoke asparagus avocado bean sprouts bell pepper bok choy celeriac celery chicory coleslaw cress cucumber egg plant endive fennel garlic green beans Jerusalem artichoke kohl rabi leeks lettuce mushroom okra onion green onion palm heart radish spinach sugar snap peas summer squash sweet corn, baby turnip water chestnut watercress zucchini courgette</p> <p>Condiments All other herbs vinegar, all kinds lemon juice</p>	<p>FATS & OILS Plant Oils almond cream mayonnaise, canola olive oil palm oil, mono-unsaturated spread, canola spread, olive oil</p> <p>SUGARS, SWEETENERS Confectionary chocolate, 85% cocoa solids</p> <p>BEVERAGES almond milk cocoa, unsweetened tea, black tea, green tea, herbal wine, dry, red</p> <p>EGGS all other eggs incl: eggs, chicken eggs, duck</p> <p>NUTS all other nuts incl: almond brazil cashew filbert (hazelnut) macadamia pecan pine pistachio</p> <p>POULTRY, FARMED chicken, breast, no skin turkey, breast, skinless duck goose</p>	<p>SEED PRODUCTS Tahini (sesame seed butter)</p> <p>VEG: NON-STARCHY tomatoes</p> <p>Condiments mustard</p> <p>Pickles onions, pickled</p> <p>Sauces ketchup, made with fructose and canola</p> <p>FRUITS apple banana, green-tipped dates, fresh guava orange peach pear plum strawberry, cultivated</p> <p>FATS & OILS Plant Oils cocoa butter coconut cream coconut oil soybean oil</p> <p>Animal Fats duck fat goose fat</p> <p>SUGARS, SWEETENERS agave "nectar" fructose</p> <p>Confectionary chocolate, 75% cocoa solids</p>	<p>GRAIN SEEDS barley, pearl pumpkin seed sesame seed</p> <p>VEG: STARCHY beets, red (beetroot) carrot, cooked yam (<i>Dioscorea</i>)</p> <p>VEG: NON-STARCHY Condiments curry, mild</p> <p>Pickles gherkins, low-salt olives, rinsed</p> <p>Sauces salsa, mild ketchup, regular</p> <p>FRUITS apricot, dried apricot, fresh banana, ripe custard apple grapes, red or white kiwi mango melon, cantaloupe melon, horned papaya pineapple watermelon persimmon (sharon, kaki) pomegranate prickly pear prunes</p> <p>MEAT, offal brains heart liver thymus</p>	<p>GRAIN PRODUCTS Bakery pumpernickel vollkornbrot black bread</p> <p>Breakfast Cereals All Bran oatmeal porridge</p> <p>Pasta Spaghetti (whole wheat)</p> <p>STARCHY VEG parsnip sweet potato (<i>Ipomoea batatas</i>) tapioca pumpkin rutabaga (swede)</p> <p>VEG: NON-STARCHY Condiments curry, medium</p> <p>Pickles sauerkraut gherkins, salty olives, salty</p> <p>Sauces salsa, hot</p> <p>FRUITS cranberries, sweetened dates, dried figs, dried prune juice raisins sultanas</p> <p>DAIRY cheeses, all kinds</p>	<p>GRAIN SEEDS barley, cracked bulgur wheat corn (maize) corn on the cob oat bran oats rice, brown rice, instant rice, white rye sweet corn (mature) wheat einkorn emmer wheat spelt</p> <p>Pseudo Grains amaranth buckwheat quinoa wild rice</p> <p>GRAIN PRODUCTS Bakery all, except col.4, incl.: bagel baguette bread, rye bread, wheat bread, white bread, whole wheat bread, buckwheat buns, generally cakes cookies crackers, water/wheat crispbread croissant Danish pastry gateaux muffin pastry, generally pizza, all kinds</p>	<p>SUGARS, SWEETENERS apple juice concentrate barley malt blackstrap molasses cane sugar date sugar fruit sugars golden syrup grape juice concentrate high fructose corn syrup honey, all except col. 5 invert sugar malt maple syrup molasses sugar, all including: sugar, icing, frosting sugar, table treacle</p> <p>Sugar Aliases & Variants dextrose galactose glucose lactose levulose maltodextrin maltose saccharose sucrose</p> <p>CONFECTIONARY candies chocolate (except cols. 2,3) energy bars fudge granola bar jelly beans life savers M&Ms</p>

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walnut FATS & OILS Plant Oils Canola (rapeseed) oil flaxseed oil hemp oil walnut oil Fish Oils all fish oil, including: cod liver oil herring oil menhaden oil salmon oil sardine oil seal oil whale oil BEVERAGES water, all, water, distilled water, mineral water, mains potable water, purified	Sauces and Dips guacamole Meat Substitute mycoprotein (Quorn) FRUITS bilberry blackberry blackcurrants blueberry cherry cranberry, fresh elderberry gooseberry grapefruit nectarine raspberry redcurrants strawberry, wild whitecurrant MEAT, FARMED goat rabbit MEAT, OFFAL tripe kidney MEAT, GAME bison boar, wild buffalo caribou deer (venison) elk horse moose MEAT, EXOTIC crocodile escargots (snails) frog's legs turtle	emu ostrich POULTRY, WILD partridge pheasant quail duck, wild goose, wild pigeon FISH, FINFISH all other fish including: caviar cod haddock halibut monkfish orange roughy pike pollock roe sea bass sea bream skate tuna, canned tuna, fresh except col 1 turbot FISH, SHELLFISH all shellfish, including: calamari crab crayfish cuttlefish lobster mussels octopus prawns scallop whelks	Sugar Replacements isomalt lactitol maltitol mannitol sorbitol xylitol Artificial Sweeteners acesulfame K aspartame saccharin stevia sucralose BEVERAGES cocoa, with artificial sweetener coffee, Americano grapefruit juice sodas, non-cola, diet tomato juice, unsalted water, mineral, high sodium wine, dry, white wine, dry, champagne sherry, dry	tongue SUGARS, SWEETENERS honey, locust flower honey, yellow box SALT & SODIUM salt substitute yeast extract, Marmite stock cubes, low salt BEVERAGES apple juice, fresh cider, dry coffee, espresso coffee, strong colas, diet fruit juices generally orange juice, fresh pineapple juice, fresh port sherry, sweet soy milk substitute spirits: gin, whiskey etc tomato juice, salted wine, dessert wine, sweet FATS & OILS Plant Oils palm oil, saturated	MEAT, farmed veal POULTRY, farmed chicken, buffalo wings chicken, drumstick chicken, wings turkey, drumstick turkey, wings LEGUMES beans, adzuki beans, all chickpeas (garbanzo) lentils, green/red peanut butter peanuts hummus (chickpea dip) noodles, Chinese bean peas FATS & OILS Plant Oils corn oil mayonnaise, lite mayonnaise, save col 2 peanut oil safflower oil spread, save col 2 sunflower oil SALT & SODIUM celery salt garlic salt seasoning, Maggi soy sauce stock cubes, all BEVERAGES beer, all types, styles cider fruit drinks liqueurs perry	tarts Breakfast Cereals all, except col. 2, incl: hominy muesli Sundry corn starch couscous pancakes pie crust popcorn rice cakes rice pudding semolina waffles Pasta all except col. 2 VEG: STARCHY potato, all types, styles VEG:NON-STARCHY Condiments chili pepper curry, hot LEGUMES peas, mushy soy, all products FATS & OILS Plant Oils hydrogenated oil, ALL margarine transfats, ALL Animal Fats butter cream lard shortening beef dripping	Mars bar muesli bars Nutri-Grain bar sweets, boiled toffee SALT & SODIUM bicarbonate of soda monosodium glutamate (MSG) salt, all BEVERAGES chocolate "drinks" cappuccino coffee, milk milk shake yogurt drink colas, classic fruit juices, sweetened sodas DAIRY buttermilk ice cream, all kinds milk, all species/types whey yogurt, all species/type MEAT, FARMED beef, all kinds lamb, all kinds pork, all kinds MEAT, PROCESSED beef burger cold meats, all frankfurter hamburger luncheon meat meat paste pate de foie gras salami, sausage Spam