

MEAT  
non-secretor

cs cancer superbeneficial ds diabetes superbeneficial nfn=neutral for

Bacon/Pork  
Beef / Organic / Grass Fed  
Buffalo  
Duck nfns  
Goat nfns  
Goose nfns  
Heart (beef)  
Horse  
Lamb nfns  
Liver (calf)  
Mutton nfns  
Partridge nfns  
Pheasant nfns  
Quail nfns  
Rabbit nfns  
Squirrel  
Sweetbreads  
Turtle nfns  
Veal  
Venison

EGGS or ROES

Caviar Black/Red nfns

FISH

Anchovy nfns  
Barracuda  
Bass Bluegill / Striped nfns  
Bass Striped Atlantic Coast  
Beluga nfns  
Bluefish nfns  
Catfish  
Clam mixed species  
Conch  
Crab Blue  
Eel mixed species  
Flounder nfns  
Frog nfns  
Gray or Dover Sole nfns  
Grouper mixed species nfns  
Haddock nfns  
Hake nfns  
Harvest Fish Beneficialnfns  
Herring Atlantic nfns

Lobster Northern  
Mussel Blue nfns  
Octopus common nfns  
Opaleye nfns  
Oyster Eastern  
Scallop mixed species nfns  
Shad nfns  
Shrimp  
Sole Other species  
Squid  
Tilefish nfns

#### DAIRY

American Cheese processed  
Blue Cheese  
Brie Cheese  
Butter without salt  
Buttermilk lowfat  
Camembert Cheese  
Casein sodium caseinate  
Cheddar Cheese  
Colby Cheese  
Cottage Cheese nfns  
Cream Cheese  
Edam Cheese  
Emmental Cheese  
Gouda Cheese  
Gruyere Cheese  
Half and Half  
Jarlsberg Cheese  
Milk cow nonfat  
Milk cow whole  
Milk goat nfs  
Monterey Jack Cheese  
Munster Cheese  
Neufchatel Cheese  
Parmesan Cheese  
Provolone Cheese  
Sour Cream nfs  
String Cheese  
Swiss Cheese  
Whey sweet dried nfns

#### NUT or SEED

Brazil Nuts  
Cashew  
Pistachio

not for commercial use

Safflower Seed kernels dried nfs  
Sunflower Seed kernels butter nfs

## BEAN LEGUME

Copper Cranberry Roman Bean  
Garbanzo Chickpea  
Kidney Bean nfns  
Lima Bean  
Navy Bean nfns  
Tamarinds

## OIL

Coconut Oil  
Corn Oil  
Cottonseed Oil  
Peanut Oil nfns  
Safflower Oil nfs

## GRAIN

Corn nfs  
Cornmeal Whole Grain Yellow nfs  
Popcorn Air-Popped nfs  
Couscous cooked nfs  
Gluten Flour nfs  
Teff nfns  
Wheat Bran Crude  
Wheat Germ  
Wheat Gluten Flour nfs  
Wheat Refined Unbleached nfs  
Wheat Semolina Enriched nfs  
Wheat White Flour nfs  
Wheat Whole Wheat nfs

## VEGETABLE

Agar nfs  
Cabbage all varieties  
Cabbage Juice nfs  
Capers  
Eggplant nfns  
Mushroom Champignon Silver Dollar BENEFICIALfs  
Mushroom Shiitake nfns cs  
Olive Black  
Olive Green nfs  
Olive Greek Spanish  
Peppers Green and Yellow nfns

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Peppers Red all varieties nfns  
Pickle Brine nfs  
Pickle Vinegar  
Potato Sweet nfns  
Potatoes White Red  
Rhubarb  
Saurkraut  
Tomato Tomato Juice nfns  
Yam raw  
Yucca

#### FRUIT FRUIT JUICE

Bananas nfns  
Bitter Melon  
Cantaloupe Melon nfs  
Casaba Melon nfs  
Coconut Meat nfns  
Coconut Milk nfns  
Honey Dew Melon  
Mangos Mango Juice nfns  
Orange Orange Juice  
Papayas  
Plantains  
Tangerines Tangerine Juice nfns

#### BEVERAGE

Beer nfns  
Liquor distilled  
Seltzer Water nfns  
Soda Carbonated Water  
Soda Club nfns  
Tea brewed nfns

#### CONDIMENTS

Carageenan  
Gelatin  
Guar Gum  
MSG  
Mustard wheat free w/vinegar  
Mustard w/wheat & vinegar  
Mustard w/wheat vinegar free  
Pickles Dill Relish  
Soy Sauce soy nfns cs ds  
Vinegar cider  
Vinegar other

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## SWEETENER

Aspartame  
Corn Syrup nfs  
Dextrose nfs  
Invert Sugar nfs  
Maltodextrin  
Rice Syrup nfs  
Sucanat  
Sugar nfs

## HERB SPICE

Acacia Gum Arabic  
Chili Powder nfns  
Cornstarch nfs  
Peppercorn fresh ground nfns  
Pepper black/white commercial ground  
Pepper Cayenne Jalapeno  
Wintergreen nfns