

| Categories | Foods |
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| Meats & Poultry | Lamb, Mutton, Rabbit, Venison |
| Seafood | Cod, Flounder, Grouper, Haddock, Hake, Halibut, Mackerel, Mahi-mahi, Monkfish, Ocean Perch, Pi Salmon, Sardine, Sea Trout, Shad, Sole, Sturgeon |
| Eggs & Dairy | Cottage Cheese, Farmer Cheese, Feta Cheese, Goat Cheese, Goat Milk, Kefir Milk, Mozzarella Chee Cheese, Yogurt |
| Oils & Fats | Olive Oil |
| Beans & Legumes | Kidney (Beans), Lima (Beans), Navy (Beans) |
| Cereals | Millet, Oat Bran, Oatmeal, Rice Bran, Spelt |
| Breads & Muffins | Brown Rice Bread, Essene Bread, Ezekiel Bread, Rice Cakes, Wasa Bread |
| Grains & Pastas | Oat (Flour), Rice (Flour) |
| Vegetables | Beets, Beet Leaves, Broccoli, Chinese (Cabbage), Red White (Cabbage), Carrots, Cauliflower, Collard Eggplant, Kale, Shitake (Mushroom), Mustard Greens, Parsley, Parsnips, Green (Peppers), Red (Pepp Jalapeno (Peppers), Yellow (Peppers), Sweet (Potatoes), Brussels (Sprouts), Yams |
| Fruit | Bananas, Cranberries, Black (Grapes), Red (Grapes), Concord (Grapes), Green (Grapes), Papaya, Pine Green (Plumps), Red (Plumps) |
| Juices & Fluids | Cabbage, Cranberry, Grape, Papaya, Pineapple |
| Spices | Cayenne Pepper, Curry, Ginger, Horseradish, Parsley |
| Herbal Teas | Ginger, Ginseng, Licorice Root, Pappermint, Raspberry Leaf, Rose Hips, Sage |
| Misc Beverages | Green (Tea) |