

Categories	Foods
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)