



My Foods

FILTERS

Gluten

VEGETABLES



Best (4)

Artichoke



Winter squash



Great (3)

Beets



Good (3)

Kohlrabi



Pumpkin



Okra



LEAFY VEGETABLES



Best (3)

Turnip greens



Collard greens



Great (3)

Bok choy



Swiss chard



Good (2)

Mustard greens



Romaine lettuce



NUTS & SEEDS



Best (4)



Soy nuts

**Great (4)**

Almonds



Peanuts



Hazelnuts

**Good (3)**

Pistachios



Pumpkin seeds



LEGUMES

**Best (3)**

Adzuki beans



Lentils



Great (3)

Navy beans



Black beans



Good (2)

Pinto beans



White beans



FATS & OILS



Best (2)

Hazelnut oil



Safflower oil



Great (2)

Almond oil



Olive oil



Good (1)

Sunflower seed oil



FRESH HERBS



Best (2)

Garlic



Bay leaf



Great (2)

Spearmint



Parsley



Good (1)

Scallions



STARCHES & GRAINS

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*Contains Gluten

Best (4)

Sweet potatoes



←

Amaranth



→

Great (3)

**Good (2)**

Teff



Millet



Quinoa



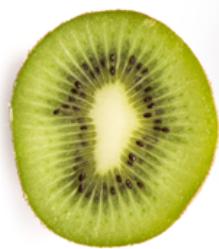
Wild rice



FRUITS

**Best (4)**

Kiwi



Bananas

**Great (3)**

Persimmons



Apricots

**Good (2)**

Oranges



Raspberries



CHEESES

***Low Lactose****Best (2)**

Ricotta, part skim



2% cottage cheese



Great (2)

Ricotta, whole milk



1% cottage cheese



Good (2)

Brie



Gruyere*



MEATS



Best (4)

Chicken liver

**Great (4)**

Top round steak



Veal

**Good (3)**

Ground chicken



Lean ground beef

**SEAFOODS**

Best (4)

Eel



←

Halibut



→

Great (3)

Tuna



←

Salmon



→

Good (3)

Sea bass



←

Trout



→

YOGURTS



*Low Lactose, **Lactose-Free

Best (2)

Lowfat kefir*



Plain lowfat greek yogurt*



Great (2)

Plain nonfat greek yogurt*



Plain nonfat yogurt



Good (2)

Plain whole milk greek yogurt*



Plain lowfat yogurt



PASTAS



*Contains Gluten

Best (2)

Brown rice pasta



Corn pasta



Great (2)

Corn and quinoa pasta



Rice noodles



MILKS



*Low Lactose, **Lactose-Free

Best (2)

1% chocolate milk



Chocolate soy milk**



Great (2)

Chocolate whole milk



Lowfat milk



Good (1)

Skim milk



BREADS



*Gluten-Free

Best (2)

Tapioca bread*



Brown rice bread*



Great (1)

Corn tortilla*





OTHER PROTEINS

Best (2)

Nutritional yeast



Soy burger



Great (2)

Whole eggs



Tofu



Good (2)

Egg whites



Tempeh

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