



# My Foods

FILTERS

Gluten

## VEGETABLES



Best (4)

Artichoke



Winter squash



Great (3)

Beets



Good (3)

Okra



Pumpkin



Jalapeño peppers



## LEAFY VEGETABLES



Best (3)

Turnip greens



Collard greens



Great (3)

Bok choy



Mustard greens



## Good (2)

Swiss chard



Endive



## NUTS & SEEDS



## Best (4)



Chia seeds

**Great (4)**

Soy nuts



Pumpkin seeds



Peanuts

**Good (3)**

Sesame seeds



Sunflower seeds



## LEGUMES

**Best (3)**

Adzuki beans



Lentils



### Great (3)

Navy beans



White beans



### Good (2)

Garbanzo beans



Pinto beans



# FATS & OILS



## Best (2)

Hazelnut oil



Safflower oil



## Great (2)

Almond oil



Olive oil



## Good (1)

Sunflower seed oil



## FRESH HERBS



### Best (2)

Bay leaf



Garlic



### Great (2)

Spearmint



Parsley



### Good (1)

Scallions



## STARCHES & GRAINS

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\*Contains Gluten

### Best (4)

Sweet potatoes



←

Amaranth



→

### Great (3)



Teff

**Good (2)**

Red potatoes



Quinoa

Wild rice



## FRUITS

**Best (4)**

Kiwi



Bananas

**Great (3)**

Raspberries



Passion fruit

**Good (2)**

Mangos



Oranges



## CHEESES

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

Ricotta, part skim



Ricotta, whole milk



## Great (2)

2% cottage cheese



1% cottage cheese



## Good (2)

Mozzarella



Neufchatel



## MEATS



## Best (4)

Chicken liver

**Great (6)**

Turkey breast



Veal

**Good (3)**

Ground chicken



Lean ground beef

**SEAFOODS**

**Best (4)**

Eel



←

Halibut



→

**Great (3)**

Whitefish



←

Catfish



→

**Good (3)**

Salmon



←

Sea bass



→

## YOGURTS



\*Low Lactose, \*\*Lactose-Free

### Best (2)

Lowfat kefir\*



Plain soy yogurt\*\*



### Great (2)

Plain lowfat greek yogurt\*



Plain nonfat greek yogurt\*



### Good (2)

Plain nonfat yogurt



Plain lowfat yogurt



## PASTAS

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\*Contains Gluten

### Best (2)

Corn pasta



Brown rice pasta



### Great (2)

Corn and quinoa pasta



Rice noodles



## MILKS



\*Low Lactose, \*\*Lactose-Free

### Best (2)

Vanilla almond milk\*\*



1% chocolate milk



### Great (2)

Chocolate almond milk\*\*



Nonfat chocolate soy milk\*\*



### Good (1)

Chocolate soy 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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