



besmartwithfood



ALL AVOID LIST

A-type

High-protein bread; Durum wheat; English muffins; Matzos, wheat; Multi-grain bread; Pumpemickel; Wheat bran muffins; Whole wheat bread Cream of Wheat Cereal; Familia; Farina; Granola; Grape nuts; Wheat germ; Seven grain; Shredded wheat; Wheat Bran Ketchup; Mayonnaise; Pickles; Pickle relish; Worcestershire sauce American Cheese; Blue cheese; Brie; Butter; Buttermilk; Camembert; Casein; Cheddar; Colby; Cotage; Cream cheese; Edam; Emmenthal; Gouda; Gruyere; Ice Cream; Jarlsberg; Monterey jack; Munster; Parmesan; Provolone; Neufchatel; Sherbet; Skim or 2% milk; Swiss; Whey; Whole milk Bananas; Coconuts; Mangoes; Melon; Cantaloupe; Melon, Honeydew; Oranges; Papayas; Plantains; Rhubarb; Tangerines Herbal Teas: Catnip; Cayenne; Com silk; Red clover; Rhubarb; Yellow dock; Teas: Black (decaf & regular) Juices: Orange; Papaya; Tomato; Beer; Liquor, distilled; Seltzer water; Cola; All Soda Beef; Bacon; Buffalo; Duck; Goose; Ham; Heart; Lamb; Liver; Mutton; Partridge; Pheasant; Pork; Rabbit; Veal; Venison; Quail; Brazil nuts; Cashews; Pistachios; Oils: Corn, Cottonseed, Peanut, Safflower, Sesame Crab; Anchovy; Barracuda; Beluga; Bluefish; Bluegill bass; Catfish; Catfish; Caviar; Clam; Conch; Crayfish; Eel, Flounder; Frog; Gray sole; Haddock; Hake; Halibut; Herring (fresh); Herring (pickled); Lobster; Lox (smoked salmon); Mussels; Octopus; Oysters; Scallop; Shad; Shrimp; Sole; Squid (calamari); Striped bass; Tilefish; Turtle Pepper: Black ground, Cayenne, Peppercorn, Red flakes, White; Gelatin; Capers; Vinegar: Apple cider, Balsamic, Red wine, White; Wintergreen Cabbage: Chinese, Red, White; Eggplant; Mushroom, domestic; Olives: Black, Greek, Spanish; Peppers: Green, Jalapeno, Red, Yellow; Potatoes: sweet, red, white; Tomatoes; Yams