



besmartwithfood



ALL AVOID LIST

AB-type

Aduke Beans; Azuki; Black; Fava; Garbanzo; Kidney; Lima; Peas: Black-cyed; Corn muffins; Cereals: Buckwheat; Cormflakes; Commeal; Kamut; Kasha Ketchup; Pickles: dill, kosher, sweet, sour; Relish; Worcestershire sauce Cheese: American; Blue; Bric; Camembert; Parmesan; Provolone; Butter; Buttermilk; Ice cream; Sherbet; Whole milk Bananas; Coconuts; Guava; Mangoes; Oranges; Persimmons; Pomegranates; Prickly pears; Rhubarb; Star fruit (carambola) Buckwheat kasha grain; Barley flour; Noodles, soba; Pasta: artichoke Herbal Teas: Aloe; Coltsfoot; Corn silk; Fenugreek; Gentian; Hops; Linden; Mullein; Red clover; Rhubarb; Senna; Shepherd's purse; Skullcap; Tea: Black(decaf & regular); Orange juice; Liquor, distilled; Cola; All Soda; Beef; Bacon; Buffalo; Chicken; Comish Hens; Duck; Goose; Ham; Heart; Partridge; Pork; Veal; Venison; Quail; Filbert nuts; Poppy seeds; Pumpkin seeds; Sesame butter (tahini); Sesame seeds; Sunflower butter; Sunflower seeds; Oils: Corn oil; Cottonseed; Safflower; Sesame; Sunflower; Crab; Anchovy; Barracuda; Beluga; Bluegill bass; Clam; Conch; Crayfish; Eel; Flounder; Frog; Haddock; Halibut; Herring (pickled); Lobster; Lox (smoked salmon); Octopus; Oysters; Sea bass; Shrimp; Sole; Striped bass; Turtle; Yellowtail Allspice; Almond extract; Anise; Barely malt; Capers; Comstarch; Com syrup; Gelatin; Pepper: Plain ground, Black, Cayenne, Peppercorn, Red flakes, White; Tapioca; Vinegar, white; Artichoke: domestic, Jerusalem; Avocado; Corn: white, yellow; Lima beans; Olives, Black; Peppers: Green, Jalapeno, Red, Yellow; Radishes; Sprouts: Mung, Radish