



besmartwithfood



## ALL AVOID LIST

### B-type

Aduke Beans; Azuki; Black; Garbanzo; Pinto; Lentils: domestic, green, red; Peas: Black-eyed Whent bagels; Com muffins; Durum wheat; Bread: Multi-grain, 100% Rye; Rye crisp; Rye vita; Wheat bran muffins; Whole wheat bread Cereals: Amaranth; Barley; Buckwheat; Carnflakes; Commeal; Cream of wheat; Kamut; Kasha; Rye; Seven-grain; Shredded wheat; Wheat bran; Wheat germ Ketchup; Cheese: American, Blue, String; Ice cream; Chicken; Bacon; Cornish hens; Duck; Goose; Ham; Heart; Partridge; Pork; Quail Coconuts; Persimmons; Pomegranates; Prickly pear; Rhubarb; Starfruit (carambola) Grains: Buckwheat kasha; Couscous; Flour: Barley; Bulgar wheat; Durum wheat; gluten; rye; whole wheat; Pasta: artichoke; Noodles, soba; Rice, wild Herbal Teas: Aloe; Coltsfoot; Corn Silk; Fenugreek; Gentian; Goldenseal; Hops; Linden; Mullein; Red clover; Rhubarb; Senna; Shepherd's purse; Skullcap; Tomato juice; Liquor, distilled; Seltzer water; Cola; All Soda; Oils: Canola, Corn, Cottonseed, Peanut, Safflower, Sesame, Sunflower Cashews; Filberts; Pignola (pine); Pistachio; Peanuts; Peanut butter; Poppy seeds; Pumpkin seeds; Sesame butter (tahini); Sesame seeds; Sunflower butter; Sunflower seeds Crab; Anchovy; Barracuda; Beluga; Bluefish; Bluegill bass; Clam; Conch; Crayfish; Eel; Frog; Lobster; Lox (smoked salmon); Mussels; Octopus; Opysters; Sea bass; Shrimp; Snail; Striped bass; Turtle; Yellowtail + Allspice; Almond extract; Barley malt; Cinnamon; Cornstarch; Com syrup; Plain gelatin; Pepper: Black ground, White; Tapioca; Artichoke: domestic, Jerusalem; Avocado; Com: white, yellow; Olives: Black, Green, Greek, Spanish; Pumpkin; Radishes; Sprouts: Mung, Radish; Tempeh; Tofu; Tomato