

## 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; Worchester sauce American Cheese; Blue cheese; Brie; Butter; Buttermilk; Camembert; Casein; Cheddar; Colby; Cotfage; 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

### AB-type

Aduke Beans; Azuki; Black; Fava; Garbanzo; Kidney; Lima; Peas: Black-cyed; Corn muffins; Cereals: Buckwheat; Cornflakes; 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; Cornish 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

### 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

### O-type

Copper Beans; Kidney; Navy; Tamarind; Lentils: domestic, green, red Wheat Bagels; Corn muffins; English muffins; High-protein bread; Matzos, wheat; Multi-grain bread; Oat bran muffins; Pumpemickel; Sprouted wheat bread; Wheat bran muffins; Whole wheat bread; Cornflakes Cereal; Commeal; Cream of wheat; Familia; Farina; Grape nuts; Oat bran; Oatmeal; Seven grain; Shredded wheat; Wheat bran & germ; Ketchup; Mayonnaise; Pickles: dill, kosher, sweet, sour; Relish Cheese: American; Blue; Cottage; Cheddar; Brie; Camembert; Colby; Casein; Edam; Emmenthal; Gouda; Gruyere; Jarlsburg; Kefir; Monterey jack; Munster; Parmesan; Provolone; Neufchatel; Ricotta; String; Swiss; Buttermilk; Cream Cheese; Goat Milk; Ice cream; Milk: Skim, 2%; Whole milk yogurt; Whey Blackberries; Caconuts; Cantaloupe; Honeydew melon; Orange; Plantains; Rhubarb; Strawberries; Tangerines Flour: Bulgar wheat; Couscous; Durum wheat; Gluten; Graham; Oat; Sprouted wheat; White; Whole wheat; Noodles, soba; Pasta: Semolina, Spinach Herbal Teas: Alfalfa; Aloe; Burdock; Coltsfoot; Corn silk; Echinacea; Gentian; Goldenseal; Red clover; Rhubarb; Saint-John's-Wort; Senna; Shepherd's purse; Strawberry leaf; Yellow dock; Teas: Black(decaf & regular) Juices: Apple; Apple cider; Cabbage; Orange; Coffee: regular, decaf; Liquor, distilled; Cola; All Soda; Park; Bacon; Goose; Ham; Seafood: Barracuda; Catfish; Caviar; Conch; Herring (pickled); Lox (smoked salmon); Octopus Brazil nuts; Cashew; Litchi; Peanuts; Peanut butter; Pistachios; Pappy seeds; Oils: Corn, Cottonseed, Peanut, Safflower Cinnamon; Comstarch; Com syrup; Nutmeg; Pepper: Black, Ground, White; Capers; Vanilla; Vinegar: Apple cider, Balsamic, Red wine, White Avocado; Cabbage: Chinese, Red, White; Cauliflower; Com: white, yellow; Eggplant; Mushroom: domestic, shitake; Mustard greens; Olives: Black, Greek, Spanish; Potatoes: Red, White; Sprouts: Alfalfa, Brussels