# Type A Food List

## Dairy
- Farmer Cheese
- Feta Cheese
- Goat Cheese
- Kefir
- Milk (Goat)
- Mozzarella Cheese
- Ricotta Cheese
- Soy Cheese
- Soy Milk
- String Cheese
- Yogurt

## Fruit
- Apple
- Apricot
- Avocado
- Blackberry
- Blueberry
- Boysenberry
- Canang Melon
- Casaba Melon
- Cherry
- Christmas Melon
- Cranberry
- Crenshaw Melon
- Currants (Black)
- Currants (Red)
- Date
- Elderberry
- Fig (Dried)
- Fig (Fresh)
- Gooseberry
- Grape (Black)
- Grape (Concord)
- Grape (Green)
- Grape (Red)
- Grapefruit
- Guava
- Jam From Ok’d Fruits
- Jelly From Ok’d Fruits
- Kiwi
- Kumquat
- Lemon
- Lime
- Loganberry
- Musk Melon
- Nectarine
- Peach
- Pear
- Pear (Prickly)
- Persimmon
- Pineapple
- Plum (Dark)
- Plum (Green)
- Plum (Red)

## Herb
- Allspice
- Anise
- Arrowroot
- Bay Leaf
- Bergamot
- Caraway
- Cardamom
- Carob
- Chives
- Chocolate
- Cinnamon
- Clove
- Coriander
- Creme of Tartar
- Cumin
- Curry
- Dill
- Dulse
- Marjoram
- Mint
- Mustard Dry
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Savory
- Spearmint
- Tamarind
- Tarragon
- Thyme
- Turmeric
- Vanilla

## Vegetable
- Agar
- Alfalfa Sprouts
- Artichoke (Domestic)
- Artichoke (Jerusalem)
- Arugula
- Asparagus
- Bamboo Shoot
- Basil
- Beet
- Beet Leaves
- Black Eyed Pea
- Bok Choy
- Broccoli
- Brussel Sprout
- Carrot
- Cauliflower
- Celery
- Chervil
- Chickory
- Collard Greens
- Cucumber
- Daikon Radish
- Dandelion
- Endive
- Escarole
- Fennel
- Fiddlehead Fern
- Garlic
- Ginger
- Horseradish
- Kale
- Kelp
- Kohlrabi
- Leek
- Lettuce (Bibb)
- Lettuce (Boston)
- Lettuce (Iceberg)
- Lettuce (Mesclun)
- Lettuce (Romaine)
- Mushroom (Abalone)
- Mushroom (Enoki)
- Mushroom (Oyster)
- Mushroom (Portobello)
- Mustard Greens
- Okra
- Olive (Green)
- Onion (Green)
- Onion (Red)
- Onion (Spanish)
- Onion (Yellow)
- Parsnip
- Pea (Green)
- Pea (Pod)
- Pea (Snow)
- Pickle (Dill)
- Pickle (Kosher)
- Pickle (Sour)
- Pickle (Sweet)
- Pimento
- Pumpkin
- Radicchio
- Radish
- Radish Sprouts
- Rappini
- Rutabaga
**Type A Food List**

<table>
<thead>
<tr>
<th>Bread</th>
<th>OK To Eat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scallion</td>
<td>* Peanut Butter</td>
</tr>
<tr>
<td>Seaweed</td>
<td>Pine (Pignola)</td>
</tr>
<tr>
<td>Shallots</td>
<td>Poppy Seed</td>
</tr>
<tr>
<td>* Spinach</td>
<td>* Pumpkin Seed</td>
</tr>
<tr>
<td>Squash All Types</td>
<td>Sesame Seed</td>
</tr>
<tr>
<td>String Bean</td>
<td>Sunflower Butter</td>
</tr>
<tr>
<td>* Swiss Chard</td>
<td>Sunflower Seed</td>
</tr>
<tr>
<td>Turnip</td>
<td>Tahini</td>
</tr>
<tr>
<td>Water Chestnut</td>
<td>Walnut (English)</td>
</tr>
<tr>
<td>Watercress</td>
<td></td>
</tr>
<tr>
<td>* Zucchini</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cereal</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagel (Wheat)</td>
<td>Canola Oil</td>
</tr>
<tr>
<td>Brown Rice Bread</td>
<td>Cod Liver Oil</td>
</tr>
<tr>
<td>* Ezekiel Bread</td>
<td>* Flaxseed (Linseed) Oil</td>
</tr>
<tr>
<td>Gluten Free Bread</td>
<td>* Olive Oil</td>
</tr>
<tr>
<td>Ideal Flat Bread</td>
<td></td>
</tr>
<tr>
<td>Rye 100% Bread</td>
<td></td>
</tr>
<tr>
<td>* Soy Flour Bread</td>
<td></td>
</tr>
<tr>
<td>Spelt Bread</td>
<td></td>
</tr>
<tr>
<td>* Sprouted Wheat Bread</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Flour</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornflakes</td>
<td></td>
</tr>
<tr>
<td>Cornmeal</td>
<td></td>
</tr>
<tr>
<td>Couscous</td>
<td></td>
</tr>
<tr>
<td>Cream of Rice</td>
<td></td>
</tr>
<tr>
<td>* Kasha</td>
<td></td>
</tr>
<tr>
<td>Oat Bran</td>
<td></td>
</tr>
<tr>
<td>Oatmeal</td>
<td></td>
</tr>
<tr>
<td>Rice (Puffed)</td>
<td></td>
</tr>
<tr>
<td>Rice Bran</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grain</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond</td>
<td></td>
</tr>
<tr>
<td>Almond Butter</td>
<td></td>
</tr>
<tr>
<td>Chestnut</td>
<td></td>
</tr>
<tr>
<td>Filbert (Hazelnut)</td>
<td></td>
</tr>
<tr>
<td>Hickory</td>
<td></td>
</tr>
<tr>
<td>Litchi</td>
<td></td>
</tr>
<tr>
<td>Macadamia</td>
<td></td>
</tr>
<tr>
<td>* Peanut Butter</td>
<td></td>
</tr>
<tr>
<td>Pine (Pignola)</td>
<td></td>
</tr>
<tr>
<td>Poppy Seed</td>
<td></td>
</tr>
<tr>
<td>* Pumpkin Seed</td>
<td></td>
</tr>
<tr>
<td>Sesame Seed</td>
<td></td>
</tr>
<tr>
<td>* Squash All Types</td>
<td></td>
</tr>
<tr>
<td>Spelt</td>
<td></td>
</tr>
<tr>
<td>Tapioca</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Muffin/ Cracker</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn Muffin</td>
<td></td>
</tr>
<tr>
<td>Fin Crisp</td>
<td></td>
</tr>
<tr>
<td>Oat Bran Muffin</td>
<td></td>
</tr>
<tr>
<td>* Rice Cake</td>
<td></td>
</tr>
<tr>
<td>Rye Crisp</td>
<td></td>
</tr>
<tr>
<td>Rye Vita</td>
<td></td>
</tr>
<tr>
<td>Wasa Bread</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pasta</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>* Artichoke Pasta</td>
<td></td>
</tr>
<tr>
<td>* Soba Noodles</td>
<td></td>
</tr>
<tr>
<td>Spelt Pasta</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sweetener</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>* Barley Malt</td>
<td></td>
</tr>
<tr>
<td>Brown Rice Syrup</td>
<td></td>
</tr>
<tr>
<td>Corn Syrup</td>
<td></td>
</tr>
<tr>
<td>Honey</td>
<td></td>
</tr>
<tr>
<td>Maple Syrup</td>
<td></td>
</tr>
<tr>
<td>* Molasses (Blackstrap)</td>
<td></td>
</tr>
<tr>
<td>Rice Syrup</td>
<td></td>
</tr>
<tr>
<td>Sugar (Brown)</td>
<td></td>
</tr>
<tr>
<td>Sugar (White)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bean</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>* Adzuki Beans</td>
<td></td>
</tr>
<tr>
<td>* Black Bean</td>
<td></td>
</tr>
<tr>
<td>Broad Bean</td>
<td></td>
</tr>
<tr>
<td>* Cannellini Bean</td>
<td></td>
</tr>
<tr>
<td>Fava Bean</td>
<td></td>
</tr>
<tr>
<td>* Green Bean</td>
<td></td>
</tr>
<tr>
<td>* Jicama Bean</td>
<td></td>
</tr>
<tr>
<td>* Lentil (Domestic)</td>
<td></td>
</tr>
<tr>
<td>* Lentil (Green)</td>
<td></td>
</tr>
<tr>
<td>* Lentil (Red)</td>
<td></td>
</tr>
<tr>
<td>Mung Beans (Sprouts)</td>
<td></td>
</tr>
<tr>
<td>* Pinto Bean</td>
<td></td>
</tr>
<tr>
<td>Snap Bean</td>
<td></td>
</tr>
<tr>
<td>* Soy Bean</td>
<td></td>
</tr>
<tr>
<td>* Tempeh</td>
<td></td>
</tr>
<tr>
<td>* Tofu</td>
<td></td>
</tr>
<tr>
<td>White Bean</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nut/ Seed</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond</td>
<td></td>
</tr>
<tr>
<td>Almond Butter</td>
<td></td>
</tr>
<tr>
<td>Chestnut</td>
<td></td>
</tr>
<tr>
<td>Filbert (Hazelnut)</td>
<td></td>
</tr>
<tr>
<td>Hickory</td>
<td></td>
</tr>
<tr>
<td>Litchi</td>
<td></td>
</tr>
<tr>
<td>Macadamia</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>* Food is Beneficial</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, February 04, 199</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Oil</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>* Canola Oil</td>
<td></td>
</tr>
<tr>
<td>Cod Liver Oil</td>
<td></td>
</tr>
<tr>
<td>* Flaxseed (Linseed) Oil</td>
<td></td>
</tr>
<tr>
<td>* Olive Oil</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fish</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Abalone</td>
<td></td>
</tr>
<tr>
<td>Bass (Sea)</td>
<td></td>
</tr>
<tr>
<td>* Carp</td>
<td></td>
</tr>
<tr>
<td>* Cod</td>
<td></td>
</tr>
<tr>
<td>* Grouped</td>
<td></td>
</tr>
<tr>
<td>* Mackerel</td>
<td></td>
</tr>
<tr>
<td>Mahimahi</td>
<td></td>
</tr>
<tr>
<td>* Monkfish</td>
<td></td>
</tr>
<tr>
<td>Perch (Ocean)</td>
<td></td>
</tr>
<tr>
<td>* Perch (Silver)</td>
<td></td>
</tr>
<tr>
<td>Perch (White)</td>
<td></td>
</tr>
<tr>
<td>* Perch (Yellow)</td>
<td></td>
</tr>
<tr>
<td>* Pickerel</td>
<td></td>
</tr>
<tr>
<td>Pike</td>
<td></td>
</tr>
<tr>
<td>* Red Snapper</td>
<td></td>
</tr>
<tr>
<td>Sailfish</td>
<td></td>
</tr>
<tr>
<td>* Salmon</td>
<td></td>
</tr>
<tr>
<td>* Sardine</td>
<td></td>
</tr>
<tr>
<td>Shark</td>
<td></td>
</tr>
<tr>
<td>Smelt</td>
<td></td>
</tr>
<tr>
<td>* Snail</td>
<td></td>
</tr>
<tr>
<td>Snapper</td>
<td></td>
</tr>
<tr>
<td>Sturgeon</td>
<td></td>
</tr>
<tr>
<td>Swordfish</td>
<td></td>
</tr>
<tr>
<td>* Trout (Rainbow)</td>
<td></td>
</tr>
<tr>
<td>* Trout (Sea)</td>
<td></td>
</tr>
<tr>
<td>Tuna</td>
<td></td>
</tr>
<tr>
<td>Weakfish</td>
<td></td>
</tr>
<tr>
<td>* Whitefish</td>
<td></td>
</tr>
<tr>
<td>Yellowtail</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meat</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td></td>
</tr>
<tr>
<td>Cornish Hens</td>
<td></td>
</tr>
<tr>
<td>Turkey</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Beverage</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>* Alfalfa Juice</td>
<td></td>
</tr>
<tr>
<td>Aloe Herbal Tea</td>
<td></td>
</tr>
<tr>
<td>Apple Cider</td>
<td></td>
</tr>
</tbody>
</table>
Type A Food List

Apple Juice
* Apricot Juice
* Burdock Herbal Tea
Cabbage Juice
* Carrot Juice
* Celery Juice
* Chamomile Herbal Tea
* Cherry Juice
Chickweed Herbal Tea
* Coffee (Decaf)
* Coffee (Regular)
Coltsfoot Herbal Tea
Cranberry Juice
Cucumber Juice
Dandelion Herbal Tea
Dong Quai Herbal Tea
* Echinacea Herbal Tea
Elder Herbal Tea
* Fenugreek Herbal Tea
Gentian Herbal Tea
* Ginger Herbal Tea
* Ginseng Herbal Tea
Goldenseal Herbal Tea
Grape Juice
* Grapefruit Juice
* Green Herbal Tea
* Hawthorn Herbal Tea
Hops Herbal Tea
Horehound Herbal Tea
Licorice Herbal Tea
Linden Herbal Tea
* Milk Thistle Herbal Tea
Mulberry Herbal Tea
Mullein Herbal Tea
Parsley Herbal Tea
Peppermint Herbal Tea
* Pineapple Juice
* Prune Juice
Raspberry Leaf Herbal Tea
* Rose Hips Herbal Tea
Sage Herbal Tea
* Saint Johns Wort Herbal Tea
Sarsaparilla Herbal Tea
Senna Herbal Tea
Shepherd's Purse Herbal Tea
Skullcap Herbal Tea
* Slippery Elm Herbal Tea
Spearmint Herbal Tea
Strawberry Leaf Herbal Tea
* Tea (Green)
Thyme Herbal Tea
* Valerian Herbal Tea
Vervain Herbal Tea
* Water & Lemon
White Birch Herbal Tea
White Oak Bark Herbal Tea

* Condiment
Almond Extract
Corn Starch
* Miso
* Mustard
Pickle Relish
Salad Dress Approved Ing
Sea Salt
* Soy Sauce
* Tamari

* Food is Beneficial
# Type A Food List

## Dairy
- American Cheese
- Blue Cheese
- Brie Cheese
- Butter
- Buttermilk
- Camembert Cheese
- Casein
- Cheddar Cheese
- Colby Cheese
- Cottage Cheese
- Cream Cheese
- Edam Cheese
- Emmmenthal Cheese
- Gouda Cheese
- Gruyere Cheese
- Ice Cream
- Jarlsberg Cheese
- Milk (Cow-Skim or 2%)
- Milk (Cow-Whole)
- Monterey Jack Cheese
- Munster Cheese
- Neufchatel Cheese
- Parmesan Cheese
- Provolone Cheese
- Sherbet
- Swiss Cheese
- Whey

## Fruit
- Banana
- Cantaloupe
- Coconut
- Honeydew
- Mango
- Orange
- Papaya
- Plantain
- Tangerine

## Herb
- Pepper (Black Ground)
- Pepper (Cayenne)
- Pepper (Peppercorn)
- Pepper (Red Flakes)
- Pepper (White)
- Wintergreen

## Vegetable
- Cabbage (Chinese)
- Cabbage (Red)
- Cabbage (White)
- Caper
- Eggplant
- Mushroom (Domestic)
- Mushroom (Shiitake)
- Olive (Black)
- Olive (Greek)
- Olive (Spanish)
- Pepper (Green)
- Pepper (Jalapeno)
- Pepper (Red)
- Pepper (Yellow)
- Potato (Red)
- Potato (Sweet)
- Potato (White)
- Rhubarb
- Tomato
- Yam

## Bread
- High Protein Bread
- Multi Grain Bread
- Pumpernickel Bread
- Wheat (Duram)
- Wheat (Whole) Bread

## Cereal
- Cream of Wheat
- Familia
- Farina
- Granola
- Grape Nuts
- Seven Grain
- Shredded Wheat
- Wheat Bran
- Wheat Germ

## Flour
- Wheat (White/Bleached) Flour
- Wheat (Whole) Flour

## Muffin/Cracker
- English Muffin
- Wheat Bran Muffin
- Wheat Matzos

## Pasta
- Semolina Pasta
- Spinach Pasta

## Bean
- Copper Bean
- Garbanzo Bean
- Kidney Bean
- Lima Bean
- Navy Bean
- Red Bean
- Tamarind Bean

## Nut/Seed
- Brazil Nut
- Cashew
- Pistachio

## Oil
- Corn Oil
- Cottonseed Oil
- Peanut Oil
- Safflower Oil
- Sesame Oil

## Fish
- Anchovy
- Barracuda
- Bass (Bluegill)
- Bass (Striped)
- Beluga
- Bluefish
- Catfish
- Caviar
- Clam
- Conch
- Crab
- Crayfish
- Eel
- Flounder
- Frog
- Gray Sole
- Haddock
- Hake
- Halibut
- Herring (fresh)
- Herring (pickled)
- Lobster
- Lox
- Mussels
- Octopus
- Oyster
- Scallop
- Shad
- Shrimp
- Sole
- Squid
- Tilefish

## Meat
- Bacon
- Beef
- Buffalo
- Duck
- Goose
- Ham
- Heart
- Lamb
- Liver
- Mutton
- Partridge
- Pheasant
- Pork
- Quail
- Rabbit
- Turtle
- Veal
Type A Food List

### Beverages
- Venison
- Beer
- Catnip Herbal Tea
- Cayenne Herbal Tea
- Corn Silk Herbal Tea
- Liquor (Distilled)
- Orange Juice
- Papaya Juice
- Red Clover Herbal Tea
- Rhubarb Herbal Tea
- Seltzer Water
- Soda (Club)
- Soda (Cola)
- Soda (Diet)
- Soda (Other)
- Tea (Black Decaf)
- Tea (Black Regular)
- Tomato Juice
- Yellow Dock Herbal Tea

### Condiments
- Gelatin Plain
- Ketchup
- Mayonnaise
- Vinegar (Balsamic)
- Vinegar (Cider)
- Vinegar (Red Wine)
- Vinegar (White)
- Worcestershire Sauce