

Type A Food List

OK To Eat

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)

Pomegranate
* Prune
* Raisin
Raspberry
Spanish Melon
Starfruit (Carambola)
Strawberry
Watermelon

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

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Scallion
Seaweed
Shallots
* Spinach
Squash All Types
String Bean
* Swiss Chard
* Turnip
Water Chestnut
Watercress
Zucchini

Bread

Bagel (Wheat)
Brown Rice Bread
* Essene Bread
* Ezekiel Bread
Gluten Free Bread
Ideal Flat Bread
Rye 100% Bread
* Soy Flour Bread
Spelt Bread
* Sprouted Wheat Bread

Cereal

Cornflakes
Cornmeal
Couscous
Cream of Rice
* Kasha
Oat Bran
Oatmeal
Rice (Puffed)
Rice Bran

Flour

Barley Flour
Gluten Flour
Graham Flour
* Oat Flour
* Rice Flour
* Rye Flour
Spelt Flour
Wheat (Bulgar) Flour
Wheat (Duram) Flour
Wheat (Sprouted) Flour

Grain

* Amaranth
Barley
* Buckwheat
Corn (White)
Corn (Yellow)
Kamut
Millet
Oat
Quinoa
Rice (Basmati)

Rice (Brown)
Rice (White)
Rice (Wild)
Spelt
Tapioca

Muffin/Cracker

Corn Muffin
Fin Crisp
Oat Bran Muffin
* Rice Cake
Rye Crisp
Rye Vita
Wasa Bread

Pasta

* Artichoke Pasta
* Soba Noodles
Spelt Pasta

Sweetener

* Barley Malt
Brown Rice Syrup
Corn Syrup
Honey
Maple Syrup
* Molasses (Blackstrap)
Rice Syrup
Sugar (Brown)
Sugar (White)

Bean

* Adzuki Beans
* Black Bean
Broad Bean
Cannellini Bean
Fava Bean
* Green Bean
Jicama Bean
* Lentil (Domestic)
* Lentil (Green)
* Lentil (Red)
Mung Beans (Sprouts)
* Pinto Bean
Snap Bean
* Soy Bean
* Tempeh
* Tofu
White Bean

Nut/Seed

Almond
Almond Butter
Chestnut
Filbert (Hazelnut)
Hickory
Litchi
Macadamia
* Peanut

* Peanut Butter
Pine (Pignola)
Poppy Seed
* Pumpkin Seed
Sesame Seed
Sunflower Butter
Sunflower Seed
Tahini
Walnut (English)

Oil

Canola Oil
Cod Liver Oil
* Flaxseed (Linseed) Oil
* Olive Oil

Fish

Abalone
Bass (Sea)
* Carp
* Cod
* Grouper
* Mackerel
Mahimahi
* Monkfish
Perch (Ocean)
* Perch (Silver)
Perch (White)
* Perch (Yellow)
* Pickerel
Pike
Porgy
* Red Snapper
Sailfish
* Salmon
* Sardine
Shark
Smelt
* Snail
Snapper
Sturgeon
Swordfish
* Trout (Rainbow)
* Trout (Sea)
Tuna
Weakfish
* Whitefish
Yellowtail

Meat

Chicken
Cornish Hens
Turkey

Beverage

* Alfalfa Juice
* Aloe Herbal Tea
Apple Cider

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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

* Wine (Red)
Wine (White)
Yarrow Herbal Tea

Condiment

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

Type A Food List

Avoid

Dairy

American Cheese
Blue Cheese
Brie Cheese
Butter
Buttermilk
Camembert Cheese
Casein
Cheddar Cheese
Colby Cheese
Cottage Cheese
Cream Cheese
Edam Cheese
Emmenthal 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
Pumpnickel 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

Avoid

Venison

Beverage

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

Condiment

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