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|--------------------|-------------------------------|---|---|---|---|---|--|
| Beverages & Drinks | Coffee | x | | | | | |
| Beverages & Drinks | Coffee substitue drinks | | | x | | | |
| Beverages & Drinks | Fruit juice (natural) | | | x | | | |
| Beverages & Drinks | Fruit juice (sweetened) | x | | | | | |
| Beverages & Drinks | Liquor | x | | | | | |
| Beverages & Drinks | Soda/Pop | | x | | | | |
| Beverages & Drinks | Tea (black) | x | | | | | |
| Beverages & Drinks | Tea (herbal, green) | | | | x | | |
| Beverages & Drinks | Water (Fiji, Hawaiian, Evian) | | | | x | | |
| Beverages & Drinks | Water (sparkling) | | x | | | | |
| Beverages & Drinks | Water (spring) | | | x | | | |
| Beverages & Drinks | Wine | | x | | | | |
| Fats & Oils | Borage oil | | | | x | | |
| Fats & Oils | Butter | | | x | | | |
| Fats & Oils | Coconut Oil (raw) | | | | x | | |
| Fats & Oils | Cod liver oil | | | x | | | |
| Fats & Oils | Corn oil | | | x | | | |
| Fats & Oils | Evening Primrose oil | | | | x | | |
| Fats & Oils | Flax seed oil | | | | x | | |
| Fats & Oils | Margarine | | | x | | | |
| Fats & Oils | Marine lipids | | | | x | | |
| Fats & Oils | Olive Oil | | | | x | | |
| Fats & Oils | Sesame oil | | | | x | | |
| Fats & Oils | Sunflower oil | | | x | | | |
| Fruits | Acai Berry | | | x | | | |
| Fruits | Apples | | | x | | | |
| Fruits | Apricot | | | x | | | |
| Fruits | Apricots | | | x | | | |
| Fruits | Apricots (dried) | | | x | | | |
| Fruits | Avocado (protein) | | | | | x | |
| Fruits | Banana (ripe) | | | | x | | |
| Fruits | Banana (unripe) | | | x | | | |
| Fruits | Black currant | | | x | | | |
| Fruits | Blackberries | | | x | | | |
| Fruits | Blueberry | | | x | | | |
| Fruits | Cantaloupe | | | x | | | |
| Fruits | Cherry, sour | | | | x | | |
| Fruits | Cherry, sweet | | | x | | | |
| Fruits | Clementines | | | x | | | |
| Fruits | Coconut, fresh | | | | x | | |
| Fruits | Cranberry | | | x | | | |
| Fruits | Currant | | | x | | | |
| Fruits | Dates | | | x | | | |
| Fruits | Dates (dried) | | | x | | | |
| Fruits | Fig juice powder | | | x | | | |
| Fruits | Figs (dried) | | | | x | | |
| Fruits | Figs (raw) | | | | x | | |

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|----------------------|---|---|---|---|---|---|---|
| Fruits | Fresh lemon | | | | x | | |
| Fruits | Goji berries | | | x | | | |
| Fruits | Gooseberry, ripe | | | x | | | |
| Fruits | Grapefruit | | | x | | | |
| Fruits | Grapes (ripe) | | | x | | | |
| Fruits | Italian plum | | | x | | | |
| Fruits | Limes | | | | x | | |
| Fruits | Mandarin orange | | x | | | | |
| Fruits | Mango | | | x | | | |
| Fruits | Nectarine | | | x | | | |
| Fruits | Orange | | | x | | | |
| Fruits | Papaya | | | x | | | |
| Fruits | Peach | | | x | | | |
| Fruits | Pear | | | x | | | |
| Fruits | Pineapple | | x | | | | |
| Fruits | Pomegranate | | x | | | | |
| Fruits | Raspberry | | x | | | | |
| Fruits | Red currant | | | x | | | |
| Fruits | Rose hips | | x | | | | |
| Fruits | Strawberries | | | x | | | |
| Fruits | Strawberry | | | x | | | |
| Fruits | Tangerine | | | x | | | |
| Fruits | Tomato | | | | x | | |
| Fruits | Watermelon | | | x | | | |
| Fruits | Yellow plum | | | x | | | |
| Grains & Legumes | Basmati rice | | | x | | | |
| Grains & Legumes | Brown rice | | x | | | | |
| Grains & Legumes | Buckwheat | | | | x | | |
| Grains & Legumes | Bulgar wheat | | | x | | | |
| Grains & Legumes | Couscous | | | x | | | |
| Grains & Legumes | Granulated soy (cooked, ground) | | | | | x | |
| Grains & Legumes | kamut | | | | x | | |
| Grains & Legumes | Lentils | | | | x | | |
| Grains & Legumes | Lima beans | | | | | x | |
| Grains & Legumes | Oats | | | x | | | |
| Grains & Legumes | Rye bread | | | x | | | |
| Grains & Legumes | Soy flour | | | | x | | |
| Grains & Legumes | Soy lecithin, pure | | | | | | x |
| Grains & Legumes | Soy nuts (soaked soy beans, then dried) | | | | | | x |
| Grains & Legumes | Soybeans, fresh | | | | | x | |
| Grains & Legumes | Spelt | | | | x | | |
| Grains & Legumes | Tofu | | | | x | | |
| Grains & Legumes | Wheat | | x | | | | |
| Grains & Legumes | white (navy) beans | | | | | x | |
| Meat, Poultry & Fish | Beef | x | | | | | |
| Meat, Poultry & Fish | Buffalo | | x | | | | |
| Meat, Poultry & Fish | Chicken | | x | | | | |

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|----------------------|------------------------------|---|---|---|---|---|---|
| Meat, Poultry & Fish | Duck | | x | | | | |
| Meat, Poultry & Fish | Fresh water fish | | x | | | | |
| Meat, Poultry & Fish | Liver | | | x | | | |
| Meat, Poultry & Fish | Ocean fish | | x | | | | |
| Meat, Poultry & Fish | Organ meats | | | x | | | |
| Meat, Poultry & Fish | Oysters | | | x | | | |
| Meat, Poultry & Fish | Pork | x | | | | | |
| Meat, Poultry & Fish | sardines (canned) | x | | | | | |
| Meat, Poultry & Fish | Tuna (canned) | x | | | | | |
| Meat, Poultry & Fish | Veal | x | | | | | |
| Meat, Poultry & Fish | Wild salmon, | | x | | | | |
| Misc | Apple Cider Vinegar | | | x | | | |
| Misc | Baking soda | | | | | x | |
| Misc | Bee pollen | | | | x | | |
| Misc | Canned foods | | x | | | | |
| Misc | cereals (like Kelloggs etc) | | x | | | | |
| Misc | Hummus | | | x | | | |
| Misc | Microwaved foods | | x | | | | |
| Misc | POPCORN | | | x | | | |
| Misc | Rice milk | | | x | | | |
| Misc | Royal Jelly | | | | x | | |
| Misc | Soy Protein Powder | | | x | | | |
| Misc | Tempeh | | | x | | | |
| Misc | Whey protein powder | | | x | | | |
| Nuts | Almond | | | | x | | |
| Nuts | Almond butter (raw) | | | | x | | |
| Nuts | Brazil nuts | | | x | | | |
| Nuts | Cashews | | | x | | | |
| Nuts | Filberts | | | x | | | |
| Nuts | Hazelnut | | | x | | | |
| Nuts | Macadamia nuts (raw) | | | x | | | |
| Nuts | Peanut butter (raw, organic) | | x | | | | |
| Nuts | Peanuts | | x | | | | |
| Nuts | pine nuts (raw) | | | | x | | |
| Nuts | Pistachios | | x | | | | |
| Nuts | Walnuts | | | x | | | |
| Roots | Carrot | | | | x | | |
| Roots | Fresh red beet | | | | | x | |
| Roots | Kohlrabi | | | | x | | |
| Roots | Potatoes | | | | x | | |
| Roots | Red radish | | | | | x | |
| Roots | Rutabaga | | | | x | | |
| Roots | Summer black radish | | | | | | x |
| Roots | sweet potatoes | | | x | | | |
| Roots | Turnip | | | | x | | |
| Roots | White radish (spring) | | | | x | | |
| Roots | Yams | | | | x | | |

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|---------------------|---|---|---|---|---|---|---|
| Seeds | Barley | | | x | | | |
| Seeds | Caraway seeds | | | | x | | |
| Seeds | Cumin seeds | | | | x | | |
| Seeds | Fennel seeds | | | | x | | |
| Seeds | Flax seeds | | | x | | | |
| Seeds | Pumpkin seeds | | | x | | | |
| Seeds | Sesame seeds | | | | x | | |
| Seeds | Sunflower seeds | | | x | | | |
| Seeds | Wheat Kernel | | x | | | | |
| Sweets & Sweeteners | Agave nectar | | | x | | | |
| Sweets & Sweeteners | Alcohol sugars (xylitol and the other sacharides. | | x | | | | |
| Sweets & Sweeteners | Artificial sweeteners | x | | | | | |
| Sweets & Sweeteners | Barley malt syrup | | | x | | | |
| Sweets & Sweeteners | Beet sugar | | x | | | | |
| Sweets & Sweeteners | Brown rice syrup | | | x | | | |
| Sweets & Sweeteners | Chocolates | | x | | | | |
| Sweets & Sweeteners | Dr. Bronner's barley malt sweetener | | | x | | | |
| Sweets & Sweeteners | Dried sugar cane juice | | | x | | | |
| Sweets & Sweeteners | Fructose | | | x | | | |
| Sweets & Sweeteners | Halva [ground sesame seed sweet] | | x | | | | |
| Sweets & Sweeteners | Honey | | | x | | | |
| Sweets & Sweeteners | Maple Syrup | | | x | | | |
| Sweets & Sweeteners | Milk sugar | | | x | | | |
| Sweets & Sweeteners | Molasses | | x | | | | |
| Sweets & Sweeteners | Sugar (white) | | x | | | | |
| Sweets & Sweeteners | Sugarcane | | x | | | | |
| Sweets & Sweeteners | Turbinado sugar | | | x | | | |
| Sweets & Sweeteners | Xylitol | | x | | | | |
| Vegetables | Alfalfa | | | | | x | |
| Vegetables | Alfalfa grass | | | | | | x |
| Vegetables | Artichokes | | | | x | | |
| Vegetables | Asparagus | | | | x | | |
| Vegetables | Aubergine/Egg plant | | | | x | | |
| Vegetables | Barley grass | | | | | | x |
| Vegetables | Basil | | | | x | | |
| Vegetables | Bell peppers/capsicums (all colors) | | | | x | | |
| Vegetables | Blue-Green Algae | | | x | | | |
| Vegetables | Bok Choy | | | | x | | |
| Vegetables | Brussels sprouts | | | | x | | |
| Vegetables | Cabbage lettuce, fresh | | | | | x | |
| Vegetables | Canned vegetables | | x | | | | |
| Vegetables | Cauliflower | | | | x | | |
| Vegetables | Cayenne pepper | | | | | x | |
| Vegetables | Celery | | | | | x | |
| Vegetables | Chives | | | | x | | |
| Vegetables | Cilantro | | | | | x | |
| Vegetables | Comfrey | | | | x | | |

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|------------|-----------------------------------|---|---|---|---|---|---|
| Vegetables | Cooked vegetables (all kinds) | | | x | | | |
| Vegetables | Cucumber, fresh | | | | | | x |
| Vegetables | Dandelion | | | | | | x |
| Vegetables | Dog grass | | | | | | x |
| Vegetables | Endive, fresh | | | | | x | |
| Vegetables | French cut (green) beans | | | | | x | |
| Vegetables | Frozen vegetables | | x | | | | |
| Vegetables | Garlic | | | | | x | |
| Vegetables | Ginger | | | | | x | |
| Vegetables | Ginseng | | | | x | | |
| Vegetables | Green cabbage, (December Harvest) | | | | x | | |
| Vegetables | Green cabbage, (March Harvest) | | | | x | | |
| Vegetables | Horse radish | | | | x | | |
| Vegetables | Jicama | | | | | | x |
| Vegetables | Kale | | | | | | x |
| Vegetables | Kamut grass | | | | | | x |
| Vegetables | Lamb's lettuce | | | | x | | |
| Vegetables | Leeks (bulbs) | | | | x | | |
| Vegetables | Lettuce | | | | x | | |
| Vegetables | Mushrooms | | x | | | | |
| Vegetables | Mustard greens | | | | x | | |
| Vegetables | Onion | | | | x | | |
| Vegetables | Oregano | | | | | x | |
| Vegetables | Parsnips | | | | x | | |
| Vegetables | Peas, fresh | | | | x | | |
| Vegetables | Peas, ripe | | | | x | | |
| Vegetables | Peppers | | | | x | | |
| Vegetables | Pickled vegetables | x | | | | | |
| Vegetables | Pumpkins (raw) | | | | x | | |
| Vegetables | Raw onions | | | | x | | |
| Vegetables | Red cabbage | | | | x | | |
| Vegetables | Rhubarb stalks | | | | x | | |
| Vegetables | Savoy Cabbage | | | | x | | |
| Vegetables | Sea Vegetables | | | | x | | |
| Vegetables | Seaweed (dulse, kelp, laver, etc) | | | | x | | |
| Vegetables | Shave grass | | | | | | x |
| Vegetables | Sorrel | | | | | x | |
| Vegetables | Sourkraut | | x | | | | |
| Vegetables | Soy Sprouts | | | | | | x |
| Vegetables | Spinach (March harvest) | | | | x | | |
| Vegetables | Spinach (other than March) | | | | | x | |
| Vegetables | Sprouted seeds (all kinds) | | | | | | x |
| Vegetables | Squash (all kinds, raw) | | | | x | | |
| Vegetables | Straw grass | | | | | | x |
| Vegetables | Thyme | | | | x | | |
| Vegetables | Tomatoes (puree) | | | | x | | |
| Vegetables | Tomatoes (raw) | | | | x | | |

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|------------|---------------------|--|--|---|---|--|---|
| Vegetables | Tomatoes (sundried) | | | | x | | |
| Vegetables | Watercress | | | | x | | |
| Vegetables | Wheat grass | | | | | | x |
| Vegetables | White cabbage | | | | x | | |
| Vegetables | Yeast | | | x | | | |
| Vegetables | Zucchini | | | | x | | |