

Name: _____

Sample chart p.1

X = need to avoid/limit
 O = need more of
 No mark = neutral

FRUIT	Exception
Apple	
Apricots	
Avocado	O
Banana	
Blueberry	
Blackberries	
Blackcurrant	
Blood Orange	
Raspberries	
Boysenberries	
Breadfruit	
Cantaloupe	
Cherries	
Clementine	
Cranberry	
Cranberries	
Currant	
Dates	
Dragonfruit	
Dried fruit	
Elderberry	
Figs	
Goji berry	
Gooseberry	
Grapefruit	
Grapes	
Guava	
Honeydew	
Jackfruit	
Kiwi	
Kumquat	
Lemons	
Limes	
Loquat	
Lychee	
Mandarin	
Mango	
Melon, misc	
Mulberry	
Nectarine	
Olive	O
Orange	
Papaya	
Passionfruit	
Peaches	
Pears	
Persimmons	
Pineapple	
Plantain	
Pum	
Pomegranate	
Potatoes	
Punky pear	
Raspberries	
Star fruit	
Strawberries	X
Tangerines	
Watermelon	

VEGETABLES	Exception
Arrowroot	X
Artichoke	
Asparagus	O
Bamboo shoots	
Beet	
Bitter melon	
Bok choy	
Broccoli	O
Brussels sprouts	O
Cabbage	O
Carrot	
Cassava (yuca root)	
Cauliflower	
Celeriac (celery root)	
Celery	O
Chicory	
Collard greens	X
Corn	O organic OK
Cucumber	
Dalton	
Dandelion greens	O
Eggplant	
Endive	
Fennel	
Fiddleheads	
Garlic	
Garlic chives	
Horseradish	
Jicama	
Kale	O
Kohlrabi	
Leek	O
Lettuce, variety	O
Mushrooms	O
Mustard Greens	O
Okra	
Onion, variety	
Parsnip	
Peppers, bell	
Peppers, spicy variety	X
Plantain	X
Pumpkin	
Radish	
Rhubarb	
Rutabaga	
Shallot	
Snow peas	O
Spinach	O
Squash, acorn	O
Squash, butternut	O
Squash, spaghetti	O
Squash, yellow/crookneck	O
Squash, zucchini	O
Sweet potato	O
Swiss chard	O
Tom	
Tomatillo	
Tomato	
Turnip	
Water chestnut	O
Watercress	O
Yam	O
Other/Not listed	

BEANS/LEGUMES	Exception
Akita sprouts	
Anasazi beans	
Ayakawa beans	
Adzuki beans	
Bean sprouts	
Black beans	
Black-eyed peas	
Broad beans (fava beans)	
Chickpeas, garbanzo, or ceci bean	
Cranberry beans (borlotti)	
Edamame (green soy beans)	
Great northern beans	
Green beans	
Kidney beans	
Lentils	
Lima beans	
Mung beans	
Navy beans	
Pinto	
Pinto beans	
Red beans	
Runner beans	
Snap peas	
Soy beans (includes soy as an ingredient)	
Split peas	
White kidney beans (cannellini)	
Other/Not listed	
Barley	
Buckwheat	
Bulgur	
Corn	X organic OK
Einkorn	
Farro	
Garden of Eatin'	
Kamut	
Millet	
Oats	O
Quinoa	
Rice, brown	
Rice, purple	
Rice, white	
Rice, wild	
Rye	
Sorghum (milo)	
Spelt	
Tapioca	
Teff	
Triticale	
Wheat berries	
Wheat, durum	
Wheat, red/soft (white flour)	X organic OK
Wheat, whole	
Yeast	
Other/Not listed	

Daily Water Intake
 Minimum 30oz
 Goal 90oz

Sample chart p.2

Exception	
DAIRY PRODUCTS	
	Butter
	Buttermilk
	Cheese, hard
	Cheese, soft
O	Cottage Cheese
	Cow's milk
	Cream
	Evaporated milk
	Fermented dairy products
	Feta
	Ghee
	Goat's milk
	Ice cream
	Kefir
X	Margarine
X	Processed cheese
	Sour Cream
	Sweetened condensed milk
	Whey milk/products
	Yogurt, sweetened
D	Yogurt, unsweetened
	Other/not listed
MEATS - POULTRY - FISH	
X	Bacon
O	Beef
	Bison
	Chicken
	Chefs
	Crab
	Crawfish
	Eggs
	Fish (misc)
X	Ham
O	Lamb
	Lobster
	Oysters
X	Pork
X	Processed meats
	Salmon
	Sardines
X	Sausage <i>non-pork OK</i>
	Shellfish
	Shrimp
	Tuna
	Turkey
O	Veal
O	Venison
	Other/not listed
CONDIMENTS/SPICES	
	Ketchup
	Mayo/aioli
	Mustard, Dijon
	Mustard, Yellow
	Nutritional yeast
	Salt
	Black salt
	Himalayan salt
X	Iodized salt
	Kosher salt
O	Real salt (realsalt.com)
	Sea salt
	Specific Spice(s)
X	Soy Sauce
	Vinegar
	Worcestershire Sauce
	Other/not listed

Exception	
SWEETENERS	
X	Acesulfame potassium (Ace-K)
X	Advantame
X	Agave syrup
	Allulose
X	Aspartame/Nutrasweet
	Barley malt
	Blackstrap molasses
	Brazzen
	Cane juice
	Coconut palm sugar
X	Com syrup/HFCS
	Curculin
	Dextrose
	Erythritol
	Fructose
	Honey, raw
	Ki Sweet
	Lactitol
	Lactose
	Luo Han Guo (Monk Fruit)
	Maltitol
	Maltose
	Miraculin
	Molasses
	Monellin
	Nectame (Nectame)
	Oligofructose
	Palm sugar
	Pentadin
	Pure maple syrup
X	Saccharin (Sweet N Low)
	Sorbitol
	Sorghum syrup
	Stevia
	Steviole
	Sucanat
X	Sucralose/Splenda
X	Sulfonylurea (Sweet One)
X	Sulfitaryrulin
X	Sugar, powdered
X	Sugar, raw
X	Thaumatin
X	Turbinado sugar
	Xylitol
	Yacon syrup
	Other/not listed
NUTS/SEEDS	
O	Almonds
	Brazil Nuts
	Cashews
X	Chestnuts
X	Chia seed
	Flax seed
	Hazelnuts
X	Hemp seed
	Macadamia nuts
X	Mustard seed
X	Peanuts <i>organic OK</i>
	Pecans
	Pine nuts
	Pistachios
X	Poppy seed
X	Pumpkin seeds
X	Sesame seeds
X	Sunflower seeds
X	Walnuts
	Other/not listed

can tolerate 40g sugar daily

Exception	
MISCELLANEOUS FOOD	
X	Alcoholic beverages
	Chewing gum
	Chocolate
	Dark
	Milk
	Coffee
X	Decaf
X	Cola
X	Fried Foods
X	Pizza
X	Green tea
X	Black tea
X	Herbal tea
FOOD DYES & COLORINGS	
X	Annatto (Achiote)
X	Blue No. 1
X	Blue No. 2
X	Carmine (Natural Red #4)
X	Green No. 3
X	Red No. 3
X	Red No. 40
X	Yellow No. 5
X	Yellow No. 6
	Other/not listed
ADDITIVES	
	Artificial Flavoring
	Ascorbic acid
	Benzoates
	BHA
	BHT
X	Caffeine <i>30mg/day</i>
	Calcium propionate
	Calcium sorbate
	Carrageenan
	Citric acid
	EDTA
	Guar Gum
	Ironing dyes
	Ironing dyes (MFC)
	Ironing dyes
	Nitrites
	Polysorbates
	Potassium sorbate
	Psyllium
	Sodium Benzoate
	Sodium erythorbate
	Sodium Nitrite
	Sorbitan monooleate
X	Soy lecithin
X	Sulfites
	Tocopherols
	Xanthan Gum
	Yeast Extract
OILS	
O	Avocado
X	Corn oil
X	Cocunut
X	Coconut
X	Cottonseed
X	Grapeseed
X	Hydrogenated oils (Trans fats)
	Olive
	Palm kernel
X	Peanut
X	Safflower
X	Sesame
X	Soybean
X	Sunflower

nicolevincent.com