

**AVOID OR LIMIT**

**Meat & Poultry**

- Beef
- Pork
- Lamb
- Veal
- Chicken
- Turkey
- Eggs

**Fatty Red- or Blue-Meat Fish**

- Tuna
- Salmon
- Shrimp
- Lobster

**Salt**

- Refined kitchen salt
- Stone salt
- Grey sea salt

**Dairy**

- Milk
- Cheese
- Butter
- Cream
- Ice cream
- Yoghurt

**Plant Fat Products**

- Margarine
- Coconut Fat & Oil
- Palm Fat & Oil

**Simple & Refined Sugars**

- Sugar, white or brown
- Chocolate
- Molasses
- Refined corn syrup
- Honey
- Stevia
- Agave syrup
- Sugar-based vinegar & vinaigrette

**Artificial Sweeteners**

- Maltitol
- Splenda, isotol
- Aspartame, sorbitol
- MSG, mono sodium glutamate, wei tsin, ajinomoto

**Refined or Highly Processed Grain Products**

- White bread
- White flour
- Yeasted bread
- Pizza
- White rice
- Refined noodles

**Nightshade Products**

- Tomato
- Potato
- Pepper
- Eggplant
- Patatoes,
- Chips & french fries

**Tropical or Subtropical Food**

- unless you live in a hot climate*
- Banana
- Mango
- Pineapple
- Fig
- Date
- Avocado
- Papaya
- Hot, aromatic herbs & spices

**Highly Processed Soy Products**

- Soy milk, from highly processed soy flour
- Soy hot dogs
- Soy cheese
- Soy yogurt
- Soy margarine
- Soy ice cream

**Strong Stimulants**

- Coffee
- Black tea

**Water**

- High mineral water
- Distilled water
- Carbonated water

**Alcohol**

- Wine with sugar
- Rum, liquors
- Whiskey, gin, vodka

**Additives**

- Yeast or yeasted foods
- Artificial colours
- Artificial flavours
- Artificial preservatives

**Artificially Grown or Processed Food**

- Chemicalized food
- Pasteurized food
- Sterilized food
- Irradiated food
- GMO food
- Frozen processed food

**Supplements**

- Vitamins
- Minerals
- Enzymes
- Probiotics

**Drugs**

**LOCAL FRUITS**

**Tree Fruits**

- Apple
- Apricot
- Pear

**Ground Fruits**

- Cantaloupe
- Watermelon
- Other melons

**Dried Fruits**

- Apple
- Apricot
- Peach
- Raisin
- Currant
- Date
- Others

- Peach
- Plum
- Cherry
- Lemon
- Tangerine
- Lime
- Orange
- Grape

- Strawberry
- Blueberry
- Blackberry
- Raspberry
- Cranberry
- Mulberry
- Gojiberry
- Other berries

**Fruit Products**

- Apple compote
- Pear compote
- Apple/pear butter
- Marmelades, without sugar
- Fruit juices
- Apple vinegar
- Others

**NATURAL SWEETENERS**

- Rice malt syrup
- Rice malt
- Barley malt
- Rice amazake
- Millet amazake
- Oat amazake
- Apple/pear concentrate
- Maple syrup C/D grade
- Mirin
- Fruit juices
- Dried fruits
- Others

**SEASONINGS**

- White sea salt
- Miso, various
- Shoyu
- Tamari
- Ponzu sauce
- Umeboshi
- Mirin
- Ginger
- Lemon
- Garlic
- Local herbs
- Others

**GREEN, FIBER-RICH LEAFY VEGETABLES**

- Broccoli
- Chinese broccoli
- Leek \*
- Green onion \*
- Chives \*
- Scallion \*
- Parsley \*
- Kale
- Collards
- Green cabbage

- Chinese cabbage
- Pointed cabbage
- Savoy cabbage
- Watercress \*
- Mustard green
- Bok choy
- Pak choy
- Choy sam
- Daikon tops
- Carrot tops

- Chicory
- Celery stalks
- Lettuce
- Swiss chard
- Rucola
- Wild spinach
- Endive
- Alfalfa sprouts \*
- Daikon sprouts \*
- Bean sprouts
- Others

**FRESH & DRIED MUSHROOMS**

- Shiitake
- Cepe
- Chanterelle
- Morel
- Maitake
- Local wild mushrooms
- Others

**LIGHT SALT-BASED PICKLES**

- Olives
- Sauerkraut
- Salt water pickle
- Shoyu pickle
- Umeboshi
- Miso pickle
- Ginger pickle
- Shiso pickle
- Cucumber pickle
- Takuan pickle
- Nuka pickle, rice bran
- Others

**CONDIMENTS**

- Toasted seeds
- Pesto
- Tekka
- Mustard
- Shiso powder
- Gomashio, sesame salt
- Sea vegetable powder
- Wasabi
- Horseradish
- Others

**SNACKS & DESSERTS**  
*without eggs, sugar, honey, dairy*

**Hearty**

- Popcorn
- Mochi
- Puffed grains
- Rice crackers
- Rice cakes
- Rice balls
- Sushi
- Sandwiches
- Falafel

**Sweet**

- naturally sweetened*
- Pancakes
- Muesli
- Chestnuts
- Granola
- Candy
- Fruit, nut & seed bars
- Kanten
- Cakes
- Pies
- Cookies
- Pastries
- Others

**ROUND & GROUND VEGETABLES**

- Onion
- Scallion
- Pumpkin
- Squash
- Cauliflower
- Turnip
- Fennel bulb
- Rutabaga

- Red cabbage
- White cabbage
- Brussels sprouts
- Round radish
- Kohlrabi
- Zucchini
- Cucumber
- Others

**WHOLE CEREALS**

- Brown rice round
- Brown rice half long
- Sweet brown rice
- Wild rice
- Barley
- Pearl barley

- Millet
- Sweet millet
- Hato mugi
- Wheat
- Spelt
- Kamut

- Oats
- Rye
- Buckwheat
- Corn
- Jasmine rice
- Basmati rice

- Quinoa
- Amaranth
- Sorghum
- Teff
- Others

**& WHOLE CEREAL PRODUCTS**

**Pastas**

- Spaghetti
- Penne
- Macaroni
- Vermicelli
- Spirelli
- Tagliatelle
- Others

**Noodles**

- Udon
- Somen
- Ramen
- Soba
- Cha Soba
- Jinenjo Soba
- Mugwort Soba
- Rice noodles
- Bean noodles
- Others

**Bread**

- Sourdough whole wheat
- Rye bread
- Chapatti
- Pita
- Naan
- Paratha
- Puri
- Others

**Soft Flour**

- made from whole wheat flour, rye, buckwheat, corn or rice flour*
- Pancake
- Crepe
- Dumpling
- Tortilla
- Dosa
- Others

**Other Cereal Products**

- Oatmeal
- Bulgur
- Couscous
- Polenta
- Semolina
- Rice flakes
- Rice chips & crackers
- Seitan & Fu
- Mochi
- Others

**ROOT VEGETABLES**

- Carrot
- Daikon (white radish)
- Black radish
- Red radish
- Burdock
- Dried burdock
- Salsify
- Parsley root
- Parsnip
- Lotus root

- Dried lotus root
- Kuzu
- Ginger
- Horseradish
- Jinenjo
- Konnyaku
- Sweet potato
- Yam
- Others

**SEEDS & NUTS**

**Seeds**

- Brown sesame seeds
- Black sesame seeds
- Pumpkin seeds
- Sunflower seeds
- Pine tree seeds
- Lin seeds
- Lotus seeds
- Poppy seeds
- Watermelon seeds
- Others

**Nuts**

- Almond
- Walnut
- Chestnut
- Pecan
- Peanut
- Hickory
- Pistachio
- Hazelnut
- Cashew
- Others

**Seed & Nut Products**

- Various seed & nut oils
- Roasted seeds & nuts
- Almond butter
- Peanut butter
- Tahin
- Others

**SEA VEGETABLES**

- Nori
- Sushi nori
- Wakame
- Arame
- Hiziki
- Kombu, kelp
- Agar agar, kanten
- Nekombu
- Mekabu
- Dulse
- Sea palm
- Sea grape
- Others

**FISH & SEAFOOD**

*wild / organically cultivated / white meat*

- Cod
- Haddock
- Halibut
- Turbot
- Seabass
- Trout
- Red Snapper
- Squid
- Scallops
- Mussels
- Oysters
- Others

**BEANS, PEAS & LENTILS**

**Beans**

- Red kidney beans
- White beans
- Chinese azuki beans
- Hokkaido azuki beans
- Hokkaido black beans
- Yellow soybeans
- Black soybeans
- Brown beans

**Peas**

- Chickpeas
- Black chickpeas
- Green peas
- Split peas
- Black-eyed peas
- Local peas
- Turtle beans
- Cannellini beans
- Fava beans
- Lima (Butter) beans
- Navy beans
- Small red beans
- Mung beans
- Local beans
- Others

**Peas**

- Chickpeas
- Black chickpeas
- Green peas
- Split peas
- Black-eyed peas
- Local peas

**Bean Products**

- Tofu
- Dried tofu
- Tempeh
- Natto
- Miso
- Shoyu
- Tamari
- Yuba
- Okara
- Humus
- Tofu spreads
- Others

**Fresh Beans & Peas**

- Green beans
- Broad beans
- Green peas
- Sugar snaps
- Snow peas
- Others

**Lentils**

- Green lentils Du Puy
- Brown lentils
- Black lentils
- Local lentils
- Other legumes

**VINEGARS**

*natural, non-sugar based*

- Brown rice vinegar
- Sweet rice vinegar
- Umeboshi vinegar
- Apple vinegar
- Others

**OILS**

- cold pressed, unrefined*
- Sesame oil
- Toasted sesame oil
- Sunflower oil
- Corn germ oil
- Olive oil
- Others

**FRESH & PRESSED SALADS**

- Pressed salad
- Bean salad
- Grain salad
- Sea vegetable salad
- Leafy greens salad
- Fruit salad
- Boiled salad
- Grated carrot salad
- Others

**NATURAL DRINKS**

- Spring water
- Bancha twig tea, kukicha
- Bancha leaf tea, hojicha
- Green tea, sencha
- Roasted brown rice tea, genmai cha

- Apple juice
- Apple cider
- Grape juice
- Other local fruit juices
- Carrot juice
- Celery juice
- Sweet vegetable juice
- Other vegetable juices
- Hato mugi tea
- Mu tea
- Soy milk, from boiled soy beans such as Bonsoy
- Grain coffee
- Chamomile tea

- Red bush tea
- Verbena tea
- Other herbal teas
- Natural beer & wine
- Brown rice sake
- Others