

Use a color coding system to mark foods to avoid and to observe or rule-out.

Mark: \*all known food allergies/intolerances \*all foods from ACT test results, 3 & 6 month  
 \*all suspect foods \*all permanent avoidances (sugars)

Rotate using the families below. Not all food reactions are fixed, and most of these foods should be rotated back in to the diet.

## BIOLOGICAL CLASSIFICATION OF FOODS

|                        |                   |                       |                     |                      |                  |                    |
|------------------------|-------------------|-----------------------|---------------------|----------------------|------------------|--------------------|
| <b>GRAIN</b>           | <b>BASS</b>       | <b>EACH OF THE</b>    | <b>COMPOSITE</b>    | <b>IRIS</b>          | <b>MULBERRY</b>  | <b>PLUM</b>        |
| Wheat                  | Bass              | <b>FOLLOWING FISH</b> | Artichoke           | Orris Root           | Breadfruit       | Almond             |
| Flour                  | Grouper           | <b>IS IN A</b>        | Globe Artichoke     | Saffron              | Fig              | Almond Oil         |
| Bran                   | Red Snapper       | <b>FOOD FAMILY</b>    | Jerusalem Artichoke |                      | Hop              | Apricot            |
| Bulgur                 | Rock              | <b>BY ITSELF</b>      | Chamomile           | <b>LAUREL</b>        | Mulberry         | Cherry             |
| Gluten Flour           |                   | Anchovy               | Chicory             | Avocado              |                  | Nectarine          |
| Wheat Germ             | <b>COD</b>        |                       | Dandelion           | Avocado Oil          | <b>MUSTARD</b>   | Peach              |
| Barley                 | Cod               | Bluefish              | Endive              | Bay Leaf             | Broccoli         | Plum               |
| Malt                   | Haddock           | Butterfish            | Escarole            | Cinnamon             | Brussel Sprouts  | Prune              |
| Corn                   | Hake              |                       | Head Lettuce        | Sassafras            | Cabbage          |                    |
| Corn Starch            | Pollock           | Carp                  | Leaf Lettuce        | File                 | Cauliflower      | <b>POMEGRANATE</b> |
| Corn Oil               |                   | Eel                   | Romaine Lettuce     |                      | Celery Cabbage   | Pomegranate        |
| Corn Sugars            | <b>CROAKER</b>    |                       | Safflower Oil       | <b>LECYTHIS</b>      | Collard          |                    |
| Graham Flour           | Croaker           | Mullet                |                     | Brazil Nut           | Horseradish      | <b>POPPY</b>       |
| Millet                 | Drum              | Porgies               | <b>FLAX</b>         |                      | Kale             | Poppy Seed         |
| Oats                   | Spot              |                       | Flaxseed            | <b>LEGUME</b>        | Kohlrabi         |                    |
| Rice                   | Trout (except     | Rosefish              |                     | Alfalfa              | Mustard          | <b>POTATO</b>      |
| Rye                    | Rainbow Trout)    | Shark                 | <b>FUNGI</b>        | Black-Eyed Peas      | Mustard Greens   | Bell Pepper        |
| Triticale              |                   |                       | Mushroom            | Carob Syrup          | Radish           | Green Pepper       |
| Wild Rice              | <b>CRUSTACEAN</b> | Smelt                 | Yeast               | (sometimes contains  | Rutabaga         | Red Pepper         |
| Amaranth               | Crab              | Squid                 | Baker's Yeast       | fructose)            | Turnip           | Cayenne            |
| <b>SWEETENERS</b>      | Crayfish          | Sturgeon              | Brewer's Yeast      | Chickpea (Garbanzo)  | Watercress       | Chili Powder       |
|                        | Lobster           | Swordfish             |                     | Fava Bean            |                  | Eggplant           |
| <b>GRAIN</b>           | Prawn             |                       | <b>GINGER</b>       | Gum Acacia           | <b>MYRTLE</b>    | Paprika            |
| Corn Sugars            | Shrimp            |                       | Cardamon            | Gum Tragacanth       | Allspice         | Pimiento           |
| Cerulose               |                   | Tilapia               | Ginger              | Kidney Bean          | Clove            | Potato             |
| Corn Syrup             | <b>FLOUNDER</b>   | Whitefish             | Tumeric             | Lentil               | Eucalyptus       | Red Pepper (Hot)   |
| Dextrin                | Flounder          |                       |                     | Licorice             | Guava            | Tomato             |
| Destrose               | Halibut           |                       | <b>GOOSEBERRY</b>   | Lima Bean            |                  | <b>PROTEA</b>      |
| Glucose                | Sole              | <b>APPLE</b>          | Currant             | Mung Bean            | <b>NUTMEG</b>    | Macadamia Nut      |
| Sorghum                | Turbot            | Apple                 | Gooseberry          | Navy Bean            | Nutmeg           |                    |
| Fructose               |                   | Cider                 |                     | Peanut               | Mace             | <b>ROSE</b>        |
| Rice Syrup             | <b>FROG</b>       | Vinegar               | <b>GOOSEFOOT</b>    | Peanut Oil           |                  | Blackberry         |
| (contains Barley Malt) | Frog              | Pectin                | Beet                | Peas                 | <b>OLIVE</b>     | Dewberry           |
| Sugarcane              | Frog's Legs       | Crabapple             | Beet Sugar          | Red Clover           | Olives           | Loganberry         |
| Molasses               |                   | Pear                  | Spinach             | Senna                | Olive Oil        | Raspberry          |
| <b>GOOSEFOOT</b>       | <b>HERRING</b>    | Quince                | Swiss Chard         | Soy Bean             |                  | Strawberry         |
| Beet Sugar             | Herring           | <b>ARROWROOT</b>      |                     | Soy Bean Oil         | <b>ORCHID</b>    | Youngberry         |
|                        | Sardine           | Arrowroot             | <b>GOURD</b>        | String Bean          | Vanilla          |                    |
| <b>HONEY</b>           | Shad              |                       | Cucumber            | Tamarind             |                  | <b>SPURGE</b>      |
| Honey                  |                   | <b>BANANA</b>         | Muskmelons          |                      | <b>PALM</b>      | Tapioca            |
| <b>LEGUME</b>          | <b>MACKEREL</b>   | Banana                | Cantaloupe          | <b>LILY</b>          | Coconut          | <b>STERCULA</b>    |
| Carob Syrup            | Albacore          | Plantain              | Casaba              | Asparagus            | Coconut Oil      | Chocolate          |
| (often contains        | Bonito            |                       | Crenshaw            | Chive                | Date             | Cocoa              |
| fructose)              | Mackerel          | <b>BEECH</b>          | Honeydew            | Garlic               | Date Sugar       | Cola Bean          |
| <b>MAPLE</b>           | Tuna              | Chestnut              | Pumpkin             | Leek                 |                  |                    |
| Maple Sugar            |                   |                       | Pumpkin Seeds       | Onions-all kinds     | <b>PAPAYA</b>    | <b>SUNFLOWER</b>   |
| Maple Syrup            | <b>MOLLUSK</b>    | <b>BIRCH</b>          | Pumpkin Seed Oil    | <b>MADDER</b>        | Papaya           | Sunflower Seed     |
|                        | Abalone           | Filbert               | Squashes            | Coffee               |                  | Sunflower Oil      |
| <b>PALM</b>            | Clam              | Hazelnut              | Acorn               |                      | <b>PARSLEY</b>   |                    |
| Date Sugar             | Mussel            | Oil of Birch          | Butternut           | <b>MALLOW</b>        | Anise            | <b>TEA</b>         |
|                        | Oyster            | (wintergreen)         | Crookneck           | Cottonseed           | Caraway          | Tea                |
| <b>MAMMAL</b>          | Scallop           | <b>BUCKWHEAT</b>      | Golden Nugget       | Cottonseed Oil       | Carrot           |                    |
| Beef                   | <b>PERCH</b>      | Buckwheat             | Hubbard             | Hibiscus             | Celeriac         | <b>WALNUT</b>      |
| Dairy Products         | Perch             | Rhubarb               | Pattypan            | Okra                 | Celery           | Black Walnut       |
| Deer                   | Walleye           |                       | Spaghetti           |                      | Chervil          | Butternut          |
| Goat                   |                   | <b>CAPER</b>          | Straightneck        | <b>MAPLE</b>         | Coriander        | English Walnut     |
| Goat's Cheese          | <b>PIKE</b>       | Caper                 | Zucchini            | Maple Sugar          | Dill             | Hickory Nut        |
| Goat's Milk            | Pickarel          |                       | Watermelon          | Maple Syrup          | Fennel           | Pecan              |
| Lamb                   | Pike              | <b>CASHEW</b>         |                     | <b>MINT</b>          | Parsley          | Walnut Oil         |
| Pork                   |                   | Cashew                | <b>GRAPE</b>        | Basil                | Parsnip          |                    |
| Rabbit                 | <b>REPTILE</b>    | Mango                 | Grape               | Marjoram             |                  | <b>GRASS</b>       |
| Veal                   | Rattlesnake       | Pistachio             | Cream of Tartar     | Mint                 | <b>PEDALIUM</b>  | Basmati            |
|                        | Terrapin          |                       | Raisin              | Oregano              | Sesame Seed      | Wild ri            |
| <b>BIRD</b>            | Turtle            | <b>CITRUS</b>         | <b>HEATH</b>        | Peppermint           | Sesame Oil       |                    |
| Chicken                |                   | Citron                | Blueberry           | Rosemary             | Tahini           |                    |
| Chicken Eggs           | <b>SALMON</b>     | Grapefruit            | Cranberry           | Sage                 | <b>PEPPER</b>    |                    |
| Cornish Hen            | Rainbow Trout     | Kumquat               |                     | Savory               | Black Pepper     |                    |
| Duck                   | Salmon            | Lemon                 | <b>HOLLY</b>        | Spearmint            | White Pepper     |                    |
| Goose                  |                   | Lime                  | Mate'               | Thyme                |                  |                    |
| Grouse                 | <b>SUNFISH</b>    | Orange                |                     | <b>MORNING GLORY</b> | <b>PINEAPPLE</b> |                    |
| Partridge              | Bluegill          | Tangelo               | <b>HONEY</b>        | Sweet Potato         | Pineapple        |                    |
| Pheasant               | Crappy            | Tangerine             | Honey               | Yam                  |                  |                    |
| Turkey                 | Sunfish           |                       |                     |                      |                  |                    |