



Almond butter or oil
Apples
Apricots, fresh or dried
Artichoke, French
Asparagus
Avocados or avocado oil
Bananas, ripe with brown spots on skin
Beans, dried navy, string or lima beans
Beets or beetroot
Berries, all kinds
Black, white, red, or cayenne pepper
Black radish
Bok Choy
Broccoli
Brussels Sprouts
Butter
Cabbage
Capers
Carrots
Cauliflower
Celeriac
Celery
Cellulose in supplements
Cheese – Asiago, Blue, Brick, Brie, Camembert, Cheddar, Colby, Edam, Gorgonzola, Gouda, Havarti, Limburger, Monterey Jack, Muenster, Parmesan, Port du Salut, Roquefort, Stilton, Swiss, Romano, Uncreamed cottage cheese (dry curd)
Cherimoya (custard apple or sharifa)
Cherries
Cinnamon
Citric acid

Coconut, fresh or dried, no additives
Coconut milk (Homemade or no additives and BPA-Free can)
Coconut oil
Coffee, freshly made weak (not instant)
Collard greens
Coriander, fresh or dried
Cucumber
Dates, fresh or dried, no additives
Dill, fresh or dried
Eggplant (aubergine)
Eggs, fresh
Fish, fresh, frozen, canned (in water or oil)
Game – Quail, Pigeon or Pheasant, fresh or frozen
Gin, very occasionally
Herbs, fresh or dried, no additives
Honey, raw
Juices, fruit or vegetable (fresh pressed)
Kale
Kiwi Fruit
Kumquats
Lemons
Lentils
Lettuce, all kinds
Lima beans, fresh or dried
Limes
Mango
Meats – Beef, Lamb or Pork, fresh or frozen
Melons
Mushrooms
Mustard seeds or pure powder
Nectarines
Nutmeg
Nuts – all kinds, fresh or raw, flour or ground (not roasted, salted, or coated)
Olive oil, virgin cold-pressed
Olives, preserved without sugar
Onions
Oranges
Papayas
Parsley
Peaches
Peanut butter, no additives
Pears
Peas, fresh green or dried split

Peppers, green, yellow, red, or orange
Pickles, naturally made without sugar
Pineapple, fresh
Poultry – Chicken, Turkey, Duck or Goose, fresh or frozen
Prunes, in juice or dried, no additives
Pumpkin
Raisins
Rhubarb
Satsumas
Scotch, occasionally
Shellfish, fresh or frozen
Spices, single or pure, no additives
Spinach
Squash, summer or winter
Tangerines
Tea, freshly made weak (not instant)
Tomatoes, juice or puree, no additives
Turnips
Ugly fruit
Vinegar, cider or white
Vodka, very occasionally
Watercress
Wine, dry, red or white
Yogurt, home-made
Zucchini