



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