

<u>High-Starch</u>		<u>Non-Starch Vegetables</u>		<u>High Protein</u>		<u>Fruits</u>	
avocado	F	alfalfa	F	beans		apple	F
beets		beetroot		coconut	F	apricot	F
breadfruit	C	broccoli - starch	C	dairy products	F	banana	S
brown rice	C	brussel sprouts	C	eggs	C	blueberries	F
butter beans	C	cabbage	C	fish - salmon, tuna	C	cantaloupe	S
carrots	F	carrot	F	legumes	C	cherry	F
cereal (h or c)		cauliflower - starch	C	nuts	F	date	S
corn	C	celery	F	pecans	F	dried fruit	S
crackers	F	corn - starch	F	pistachio	F	fig	S
eggplant	C	cucumber	F	poultry	C	grapefruit	A
grains		fenugreek		pumpkin seeds	F	grapes	F
green peas		garlic	C	seafood	C	guava	F
lentils	C	green beans		seeds	F	honeydew	S
muffins	F	kale		sesame seeds	F	kiwi	F
oats		leafy greens	F	soya	C	lemon	A
pancakes	C	lettuce	F	sunflower	F	mango	F
pastas	C	onions	C	tofu	C	nectarine	F
potato	C	parsley	F	turkey	C	orange	A
pumpkin	C	peas	F	walnuts	F	papaya	S
rolls	F	peppers (all)	F	whole grains	C	peach	F
sliced bread	F	plantain	C	yogurt	F	pear	F
squash	C	spinach	F			pineapple	A
wheat		sprouted seeds	F			plum	F
yam	C	sweet corn	C			raisins	S
		tomatoes	F			raspberries	F
		zucchini	C			strawberries	F

F-fresh; A-acidic; C-cooked; S-snacks & eaten alone

tomato	A
watermelon	S