

Seafood	Meats	Vegetables
Anchovies	Liver	Asparagus
Codfish	Sweetbreads	Fava Beans
Haddock	Brains	Garbanzo Beans
Herring	Bacon	Edamame (soy)
Mackerel	Turkey	Mushrooms
Mussels	Veal	Peas
Sardines	Venison	Lentils
Scallops	Beef	Spinach
Trout	Chicken	Cauliflower
Crab	Duck	
Lobster	Ham	
Oysters	Pork	
Shrimp		