

Food Listing

Type A Foods

Fruit	apricot	canned	a
Fruit	boysenberries	frozen	a
Fruit	cranberries	raw	a
Fruit	grapefruit	raw	a
Fruit	grapefruit	canned	a
Fruit	honeydew	raw	a
Fruit	peach	peeled - pitted/raw	a
Fruit	peach	canned	a
Fruit	tangerine	raw	a
Fruit	watermelon	raw	a
Fruit	lemon	juice	a
Vegetable	asparagus	boiled/drained	a
Vegetable	bamboo shoots	raw	a
Vegetable	beans	green- boiled/drained	a
Vegetable	beans	sprouts/mung	a
Vegetable	brussel sprouts	b&d	a
Vegetable	cabbage	raw	a
Vegetable	carrots		a
Vegetable	cauliflower		a
Vegetable	celery		a
Vegetable	chard	swiss b&d	a
Vegetable	eggplant	raw	a
Vegetable	green pepper		a
Vegetable	kale	b&d	a
Vegetable	lettuce	iceberg	a
Vegetable	lettuce	romaine	a
Vegetable	mushrooms	canned	a
Vegetable	mushrooms	raw	a
Vegetable	onion	green/raw	a
Vegetable	radishes		a
Vegetable	spinach	b&d	a
Vegetable	squash	summer- b&d	a
Vegetable	squash	yellow- b&d	a
Vegetable	squash	zucchini- raw	a
Vegetable	tomatoes	raw	a
Vegetable	turnip greens-	b&d	a
Vegetable	turnips		a
Vegetable	watercress		a
Meat	beef	arm roast	a
Meat	beef	choice/round	a
Meat	beef	flank steak	a
Meat	beef	ground patty	a
Meat	beef	kidney	a
Meat	beef	pot roast	a
Meat	beef	rump roast	a
Meat	beef	sirloin - wedge/round	a
Meat	beef	veal - loin	a
Meat	lamb		a

Food Listing

Type B Foods

Fruit	apple	peeled/raw	b
Fruit	apricot	pitted/raw	b
Fruit	blueberries	raw	b
Fruit	cherries	pitted/raw	b
Fruit	cherries	frozen	b
Fruit	orange	peeled/raw	b
Fruit	pineapple	raw	b
Fruit	pineapple	canned	b
Fruit	raspberries	red/raw	b
Fruit	strawberries	raw	b
Fruit	strawberries	frozen	b
Fruit	apricot	canned	b
Fruit	boysenberries	frozen	b
Fruit	cranberries	raw	b
Fruit	grapefruit	raw	b
Fruit	grapefruit	canned	b
Fruit	honeydew	raw	b
Fruit	peach	peeled - pitted/raw	b
Fruit	peach	canned	b
Fruit	tangerine	raw	b
Fruit	watermelon	raw	b
Fruit	lemon	juice	b
Vegetable	beans	yellow/wax - b&d	b
Vegetable	broccoli	b&d	b
Vegetable	okra	b&d	b
Vegetable	asparagus	boiled/drained	b
Vegetable	bamboo shoots	raw	b
Vegetable	beans	green- boiled/drained	b
Vegetable	beans	sprouts/mung	b
Vegetable	brussel sprouts	b&d	b
Vegetable	cabbage	raw	b
Vegetable	carrots		b
Vegetable	cauliflower		b
Vegetable	celery		b
Vegetable	chard	swiss b&d	b
Vegetable	eggplant	raw	b
Vegetable	green pepper		b
Vegetable	kale	b&d	b
Vegetable	lettuce	iceberg	b
Vegetable	lettuce	romaine	b
Vegetable	mushrooms	canned	b
Vegetable	mushrooms	raw	b
Vegetable	onion	green/raw	b
Vegetable	radishes		b
Vegetable	spinach	b&d	b
Vegetable	squash	summer- b&d	b
Vegetable	squash	yellow- b&d	b
Vegetable	squash	zucchini- raw	b
Vegetable	tomatoes	raw	b
Vegetable	turnip greens-	b&d	b
Vegetable	turnips		b
Vegetable	watercress		b

Food Listing

Meat	poultry	chicken & turkey breast	b
Meat	fish/seafood	catfish	b
Meat	fish/seafood	cod	b
Meat	fish/seafood	flounder	b
Meat	fish/seafood	sole	b
Meat	fish/seafood	haddock	b
Meat	fish/seafood	halibut	b
Meat	fish/seafood	lobster	b
Meat	fish/seafood	perch	b
Meat	fish/seafood	red snapper	b
Meat	fish/seafood	trout	b
Meat	fish/seafood	tuna	b
Meat	fish/seafood	turbot	b

Food Listing

Type C Foods

Fruit	raspberries	red/raw	c
Fruit	strawberries	raw	c
Fruit	strawberries	frozen	c
Fruit	cranberries	raw	c
Fruit	grapefruit	canned	c
Fruit	honeydew	raw	c
Fruit	peach	peeled - pitted/raw	c
Fruit	peach	canned	c
Fruit	watermelon	raw	c
Fruit	lemon	juice	c
Fruit	blackberries	raw	c
Fruit	cantaloupe		c
Vegetable	beans	yellow/wax - b&d	c
Vegetable	broccoli	b&d	c
Vegetable	asparagus	boiled/drained	c
Vegetable	celery		c
Vegetable	chard	swiss b&d	c
Vegetable	green pepper		c
Vegetable	kale	b&d	c
Vegetable	lettuce	iceberg	c
Vegetable	lettuce	romaine	c
Vegetable	mushrooms	canned	c
Vegetable	mushrooms	raw	c
Vegetable	radishes		c
Vegetable	squash	summer- b&d	c
Vegetable	squash	yellow- b&d	c
Vegetable	squash	zucchini- raw	c
Vegetable	watercress		c
Vegetable	beets		c
Meat	beef	liver	c
Meat	poultry	chicken liver	c
Meat	fish/seafood	shrimp	c