




 Vegan	 Lacto-Ovo	 Omnivore	 Low/No Carb	 Low/No Fat	 No Gluten
Vegetables						
Leafy greens	✓	✓	✓	✓	✓	✓
Corn	✓	✓	✓	*	✓	✓
Onions	✓	✓	✓	✓	✓	✓
Tomatoes	✓	✓	✓	✓	✓	✓
Broccoli	✓	✓	✓	✓	✓	✓
Other vegetables	✓	✓	✓	✓	✓	✓
Fruit						
Bananas	✓	✓	✓	✗	✓	✓
Apples & Pears	✓	✓	✓	✗	✓	✓
Stone Fruits	✓	✓	✓	✗	✓	✓
Citrus	✓	✓	✓	✗	✓	✓
Berries	✓	✓	✓	✓	✓	✓
Starches						
Rice	✓	✓	✓	✗	✓	✓
Couscous	✓	✓	✓	✗	✓	✗
Spaghetti	✓	✓	✓	✗	✓	✗
Egg Noodles	✗	✓	✓	✗	*	✗
Bread	*	✓	✓	✗	✓	✗
Corn tortillas	✓	✓	✓	✗	✓	✓
Potatoes	✓	✓	✓	✗	✓	✓
Barley, Oats, Wheat	✓	✓	✓	✗	✓	✗
Protein						
Meat	✗	✗	✓	✓	*	✓
Beans & soy (tofu)	✓	✓	✓	*	✓	✓
Eggs	✗	✓	✓	✓	✗	✓
Poultry	✗	✗	✓	✓	*	✓
Seafood	✗	✗	✓	✓	*	✓
Nuts	✓	✓	✓	✓	✗	✓
Dairy						
Milk	✗	✓	✓	✓	*	✓
Butter	✗	✓	✓	✓	✗	✓
Cheese	✗	✓	✓	✓	✗	✓
Ice Cream	✗	✓	✓	✗	✗	✓
Fats						
Olive oil	✓	✓	✓	✓	✗	✓
Margarine	✗	✓	✓	✓	✗	✓
Lard	✗	✗	✓	✓	✗	✓
Sweets						
Sugar	*	✓	✓	✗	✓	✓
Honey	✗	✓	✓	✗	✓	✓
Gelatin	✗	✗	✓	✓	✓	✓
Cake & Cookies	✗	✓	✓	✗	*	✗
Marshmallows	✗	✗	✓	✗	✓	✓
Chocolate	✗	✓	✓	✗	*	✓
Fruit Pie	✗	✓	✓	✗	*	✗

✓ safe to serve * case-by-case ✗ do not serve