Leafy greens		_	A A				111111
Vegetables Lafy greens						0	
Leafy greens		Vegan	Lacto-Ovo	Omnivore	Low/No Carb	Low/No Fat	No Gluten
Com	Vegetables						
Onions	Leafy greens	✓		✓	✓	✓	✓
Tomatoes	Corn	✓	✓	✓	*	✓	✓
Broccoli	Onions	✓	✓	✓	✓	✓	✓
Other vegetables	Tomatoes	✓	✓	✓	✓	✓	✓
Pruit Bananas	Broccoli	✓	✓	✓	✓	✓	✓
Bananas	Other vegetables	✓	✓	✓	✓	✓	✓
Apples & Pears Stone Fruits V V V V V V V V V V V V V V V V V V	Fruit						
Stone Fruits	Bananas	✓	✓	✓	×	✓	✓
Stone Fruits	Apples & Pears	✓	✓	✓	×	✓	✓
Starches	Stone Fruits	✓	✓	✓	×	✓	✓
Starches Rice	Citrus	✓	✓	✓	×	✓	✓
Starches Rice	Berries	✓	✓			✓	✓
Rice	Starches						
Couscous	Rice	✓	✓	✓	X	✓	✓
Spaghetti V V V X V X Beg Noodles X V V X X X X X X X X X X X Y X X Y Y X X Y Y X X Y Y X X Y Y X X Y Y X X Y Y X X Y Y X X Y Y X X Y Y Y Y X X Y Y Y Y Y Y X Y							
Egg Noodles X V V X X X X X X X X X X X X X X X X Y Y X X Y Y X Y Y X X Y Y X X Y Y X X Y Y X X Y Y X X Y Y X Y Y X Y Y Y X Y Y Y X Y Y Y Y Y X Y <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>							
Bread							
Corn tortillas							
Potatoes ✓<				·			
Barley, Oats, Wheat							
Protein Meat X X V * V Beans & soy (tofu) V V V X V Eggs X V V X V Poultry X X V V * X Seafood X X V V X V Nuts V V V X V Dairy W W V V X V Butter X V V V X V Cheese X V V V X V Glee Cream X V V V X V Fats Olive oil V V V X V Margarine X V V V X V Lard X X V V X V Sweets							
Meat X X Y * Y	·	Y	· ·	Y		Y	
Beans & soy (tofu) ✓		~	×		-/	业	-/
Eggs							
Poultry	·						
Seafood X X ✓ ✓ X ✓ Nuts ✓ ✓ ✓ X ✓ Dairy W W ✓ ✓ X ✓ Butter X ✓ ✓ ✓ X ✓ Cheese X ✓ ✓ ✓ X ✓ Lee Cream X ✓ ✓ X X ✓ Fats Olive oil ✓ ✓ ✓ X ✓ ✓ Margarine X ✓ ✓ ✓ X ✓ ✓ X ✓ Sweets Sugar * ✓ ✓ X ✓							
Nuts ✓	·						
Dairy Milk X ✓ ✓ ✓ X ✓ Butter X ✓ ✓ ✓ X ✓ Cheese X ✓ ✓ ✓ X ✓ Ice Cream X ✓ ✓ X X ✓ Fats Olive oil ✓ ✓ ✓ ✓ X ✓ Margarine X ✓ ✓ ✓ X ✓ Lard X X ✓ ✓ X ✓ Sweets Sugar * ✓ ✓ X ✓ ✓ Honey X ✓ ✓ X ✓ ✓ ✓ Cake & Cookies X ✓ ✓ X ✓ ✓ ✓ Chocolate X ✓ ✓ X ✓ ✓ ✓ ✓							
Milk X V V X V Butter X V V V X V Cheese X V V V X X V Ice Cream X V V X X V Fats Olive oil V V V V X V Margarine X X V V X V Lard X X V V X V Sweets Sugar * V V X V V Honey X V V X V V V Gelatin X X V X X X X Chocolate X V V X X V V		Y	•	•	Y	^	•
Butter	-				_	.1.	
Cheese X ✓ ✓ ✓ X ✓ Ice Cream X ✓ ✓ X X ✓ Fats Olive oil ✓ ✓ ✓ ✓ X ✓ Margarine X ✓ ✓ ✓ X ✓ Lard X X ✓ ✓ X ✓ Sweets Sugar * ✓ ✓ X ✓ ✓ Honey X ✓ ✓ X ✓ ✓ ✓ Gelatin X X ✓ ✓ X X ✓ Cake & Cookies X ✓ ✓ X X ✓ ✓ Chocolate X ✓ ✓ X X ✓ ✓							
Ice Cream X ✓ ✓ X ✓ Fats Olive oil ✓ ✓ ✓ ✓ X ✓ Margarine X ✓ ✓ X ✓ ✓ X ✓ Lard X X ✓ ✓ X ✓ ✓ X ✓ Sweets Sugar * ✓ ✓ X ✓							
Fats Olive oil ✓ <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>							
Olive oil ✓		×	✓	✓	×	×	✓
Margarine X ✓ ✓ ✓ X ✓ Lard X X ✓ ✓ X ✓ Sweets Sugar * ✓ ✓ X ✓ ✓ Honey X ✓ ✓ X ✓ ✓ ✓ Gelatin X X ✓ ✓ ✓ ✓ ✓ Cake & Cookies X ✓ ✓ X X ✓ ✓ ✓ Chocolate X ✓ ✓ X X ✓ ✓							
Lard X X ✓ ✓ X ✓ Sweets Sugar * ✓ ✓ X ✓							
Sweets Sugar * ✓ ✓ X ✓ ✓ Honey X ✓ ✓ X ✓ ✓ ✓ ✓ Gelatin X X ✓							
Sugar # ✓ <td></td> <td>×</td> <td>×</td> <td>✓</td> <td>✓</td> <td>×</td> <td>✓</td>		×	×	✓	✓	×	✓
Honey X ✓ <td>Sweets</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Sweets						
Gelatin X X ✓<	Sugar					✓	
Cake & Cookies X ✓ ✓ X X Marshmallows X X ✓ X ✓ Chocolate X ✓ X X ✓	Honey		✓	✓	×	✓	✓
Marshmallows X X ✓ X ✓ Chocolate X ✓ X X X	Gelatin		X	✓	✓	✓	✓
Chocolate X ✓ ✓ X * ✓	Cake & Cookies	×	✓	✓	X	*	×
	Marshmallows	X	X	✓	×	✓	✓
Fruit Pie X 🗸 🗸 X	Chocolate	X	✓	✓	X	*	✓
	Fruit Pie	X	✓	✓	×	*	×