

FOOD BLOCK 166

166 items

Foods (46 ITEMS)

Apple	Cauliflower	Cucumber	Milk, Pasteurized (Cow)	Potato, White	Tomato
Banana	Chicken	Egg, White (Chicken)	Mustard Greens/Spice	Rice, White	Tuna
Barley	Chocolate/Cocoa	Egg, Yolk (Chicken)	Oats	Rye	Turkey
Bean, Soya	Cinnamon	Gluten	Onion, Yellow	Shrimp	Wheat
Beef/Veal	Coffee, Decaf & Reg	Grape/Raisin, Green	Orange	Squash	Yeast, Bakers
Broccoli	Cola	Lamb/Mutton	Peanut	Strawberry	Yeast, Brewers
Cabbage/Brussels Sprout	Corn (Maize)	Lemon	Pear	Sugar, Cane/Sucanat	
Carrot	Crab	Lobster	Pork/Bacon/Ham	Tea, Black	

And - Foods (69 ITEMS)

Almond	Cantaloupe/Honeydew	Flaxseed/Linseed Oil	Millet	Pineapple	Sunflower
Apricot	Cashew	Garlic	Mushroom	Plum/Prune	Tilapia
Avocado	Celery	Ginger	Nutmeg	Potato, Sweet	Tarragon
Basil	Cheese, Brick (Cow)	Gliadin	Olive	Rice, Brown	Tobacco
Bean, Lima	Cheese, Processed (Cow)	Grape/Raisin, Red	Oregano	Rice, Wild	Trout
Bean, Mung	Cilantro	Grapefruit	Papaya	Safflower Oil	Vanilla
Bean, Pinto	Clam	Honey	Paprika	Salicylate	Walnut Oil, Black
Bean, String/Wax	Codfish	Hops	Pea, Green/Snow	Salmon/Lox	Watermelon
Beet	Collard Greens	Kale	Peach	Sesame/Tahini	Yogurt (Cow)
Buckwheat/Kasha	Cottonseed Oil	Lactalbumin	Pecan	Sole/Flounder/Halibut	
Blueberry	Cranberry	Lettuce, Iceberg	Pepper, Bell	Spinach	
Carob	Cumin	Mango	Pepper, Chili/Red	Sugar, Beet	

And - Foods (51 ITEMS)

Amaranth	Cheese, Romano (Sheep)	Curry	Lettuce, Romaine	Quinoa	Swordfish
Asparagus	Cheese/Milk (Goat)	Dill	Lime	Raspberry	Tapioca
Bay Leaf	Cherry	Eggplant	Malt	Rosemary	Thyme
Bean, Kidney	Chestnut	Fig	Molasses	Sage	Tofu
Butter, Whole (Cow)	Chive	Haddock	Oyster	Scallop	Triticale
Casein (Cow)	Clove	Kamut	Parsley	Snapper	Turbot/Whitefish
Chamomile	Coconut	Kiwi	Pepper, Black	Spelt	
Cheese, Cottage (Cow)	Cod Liver Oil	Lentils, Red, Green	Peppermint	Sugar, Corn	
Cheese, Parmesan (Cow)	Currant	Lettuce, Red Leaf	Pumpkin	Sugar, Maple	