

**Dark Chocolate 70+% Cacao / Cocoa (Lindt, Ghirardelli, Godiva)**  
**Avocado, Mango, Papaya, Guava**  
**Almonds, Pistachio, Cashew, Brazil Nuts and even Peanuts**  
**Pinto, Black, White, Kidney, Pink Beans, Chick Peas, and Lentils**  
**Red Pepper**  
**“Unsalted” Pumpkin, Sunflower, Dates or Squash Seeds 1 / 4 cup**  
**Wheat, Oats, Oatmeal, Barley, Brown Rice and Buckwheat**  
**Bananas**  
**Spinach, Kale, Arugula, Romaine, Swiss Chard, Lettuce, Cabbage**  
**Cinnamon**  
**Garlic, Onion**  
**Potato “Baked is best” (Especially Sweet)**  
**Tomato**  
**Green Tea & Herbal teas that contain hibiscus**  
**Broccoli, Cauliflower**  
**Green Beans, Celery**  
**Oranges, Lemon, Grapefruit, Tangerine and Real Orange Juice**  
**Blueberries, Black Berries, Raspberries, Strawberries**  
**Pomegranate Fruit and as Juice “watch sugar”**  
**Apple**  
**Grapes, Raisins, Prunes**  
**Cherries**  
**Cilantro, Parsley, Oregano, Basil, Ginger, Tumeric**  
**Peach, Apricots and Nectarines**  
**Cucumber, Pineapple, Cantaloupe, Honeydew, Watermelon**  
**Black Olives, Olive Oil “Extra Virgin”**  
**Red Beets (Even Juice), Carrots, Peas**  
**Artichokes, Leeks**  
**Lean Beef, Chicken**  
**Salmon, Mackerel, Tilapia, Trout, Tuna, Halibut, Herring (Fish Oils)**  
**A Glass or 2 Red Wine, a Beer or 2, even a Shot of Liquor**  
**Whole Grain Breads**  
**Kiwifruit**  
**Millet, Quinoa**  
**Butternut, Yellow/Summer, Zucchini Squashes**  
**Apple Cider Vinegar, Pickles**  
**Eggs**  
**Minerals, Vitamins & Supplements: Vitamin B9 (Folate/Folic Acid),**  
**Omega 3 Fish Oil, Vitamin C, Chromium, Magnesium, Potassium**