

**O-NON SECRETOR
BENEFICIAL**

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MEAT & POULTRY

Beef
Buffalo
Mutton
Ostrich
Partridge
Rabbit
Squab
Veal
Venison
Heart/Sweetbreads

FISH & SEAFOOD

Cod
Hake
Herring (fresh)
Mackerel
Perch (All Types)
Pike
Sardine
Shad
Sole
Sturgeon
Swordfish
Tilefish
Trout (Rainbow)
Yellowtail

DIARY & EGGS

None

BEANS & LEGUMES

None

NUTS & SEEDS

Pumpkin seed
Walnut (Black/English)

GRAINS & STARCHES

Essene Bread
(Manna Bread)

VEGETABLES

Artichoke (domestic/
globe/Jerusalem)
Beet greens
Broccoli
Carrot
Chicory
Collard greens
Dandelion

Escarole
Fiddlehead fern

Garlic
Ginger
Horseradish
Kale
Kelp
Kohlrabi
Okra
Onion (all kinds)
Pepper (red/cayenne)
Pumpkin
Seaweed
Spinach /spinach juice
Swiss chard

FRUITS & JUICES

Avocado
Banana
Blueberry
Cherry (all)
Cherry juice (black)
Fig (fresh/dried)
Guava/guava juice
Mango/mango juice
Pineapple/pineapple juice
Plum (dark/green/red)
Pomegranate
Prickly pear
Prune /prune juice

OILS

Olive
Almond
Walnut

**HERBS, SPICES
& CONDIMENTS**

Basil
Bay leaf
Curry
Dulse
Fenugreek
Licorice root
Oregano
Saffron
Tarragon
Yeast (brewer's)

BEVERAGES

Club Soda
Seltzer Water
Tea (Green)
Wine (red)

**O-NON SECRETOR
AVOID**

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MEAT & POULTRY

Bacon/Ham/Pork
Quail
Turtle

FISH & SEAFOOD

Abalone
Anchovy
Barracuda
Crab
Conch
Frog
Muskellunge
Mussels
Octopus
Pollack (imitation crab)
Squid (calamari)

DAIRY & EGGS

Buttermilk
Casein
Goose egg
Half & half
Ice cream
Kefir
Milk (cow-skim-
2%-Whole)
Milk (goat)
Quail egg
Sherbet
Sour cream (low-
nonfat)
Whey
Yogurt
Cheese (American,
Blue, Brie, Camembert,
Cheddar, Colby, Cream
Cheese, Cottage,
Edam, Emmenthal,
Farmer, Feta, Goat,
Gouda, Gruyère,
Jarlsberg, Monterey
Jack, **Mozzarella,**
Neufchatel, Paneer,
Parmesan, Provolone,
Quark, Ricotta, String,
Swiss)

BEANS & LEGUMES

Copper bean
Fava (broad) bean

Garbanzo bean

Kidney bean
Navy bean
Soy bean, cheese,
flakes, granules, milk,
miso, tempeh, Tofu
Tamarind

NUTS AND SEEDS

Almond cheese
Almond milk
Beech nut
Brazil nut
Cashew/cashew butter
Chestnut
Litchi
Peanut /Peanut butter
Pistachio
Poppy seed
Safflower seed
Sunflower seed/ butter

GRAINS & STARCHES

Artichoke pasta
Barley
Buckwheat/kasha
Corn (white/yellow/
blue)
Commeal
Couscous (cracked
wheat)
Gluten flour
Gluten free bread
Oat Flour
Oat /Oat bran /
oatmeal
Popcorn
Sorghum
Soy flour bread
Spelt
Tapioca
Wheat (bran/germ/
refined, unbleached,
gluten flour, semolina
flour, white flour, whole
wheat products.)
Wheat bread (sprouted/
commercial- **Except**
Essene beneficial; &
Ezekiel, neutral)

VEGETABLES

Acacia (Gum Arabic)
Alfalfa sprouts
Aloe /aloe tea/ aloe

juice
Agar
Brussels sprout
Cabbage
(Chinese/red/white)
Cabbage Juice
Caper
Cauliflower
Cucumber / juice
Eggplant
Juniper
Leek
Mushroom (**shiitake**)
Olive (black, **Greek /**
green /Spanish)
Pickles (in brine
/with vinegar)
Poi
Potatoes (white/ red
/blue/yellow)
Rhubarb
Sauerkraut
Taro
Yucca

FRUITS AND JUICES

Apple /Apple cider
/Apple juice
Apricot /Apricot Juice
Asian Pear
Bitter melon
Blackberry
/Blackberry juice
Cantaloupe
Coconut /coconut milk
Dates
Honeydew melon
Kiwi
Orange/ Orange juice
Plantain
Strawberry
Tangerine
/Tangerine juice

OILS

Avocado
Borage seed
Canola
Castor
Cod liver
Corn
Cottonseed
Evening primrose
Peanut
Safflower

Soy
Sunflower
Wheat germ

**HERBS, SPICES &
CONDIMENTS**

Algae, blue-green
Aspartame
Barley Malt
Carrageenan
Cinnamon
Cornstarch
Corn syrup
Dextrose
Fructose
Guar gum
Guarana
Honey
Invert sugar
Ketchup
Mace
Maltodextrin
Maple Syrup
Mayonnaise
Mustard (containing
Vinegar and/or
wheat)
Pepper (black /white)
Pickle relish
Rice Syrup
Sage
Soy Sauce
Stevia
Sucanat
Sugar (brown/white)
Tamari, wheat free
Vanilla
Vinegar (All including
Rice vinegar, **apple**
cider vinegar)
Worcestershire sauce

BEVERAGES

Beer
Coffee (regular/ decaf)
Liquor (distilled)
Soda (misc/diet/cola)
Tea (black/regular/
decaf)
Wine (white)
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