

PROTEIN TYPE DIET ALLOWABLE FOODS CHART

PROTEINS			CARBOHYDRATES			OILS/FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE	FRUIT	NUT/SEED	OIL/FAT
high purine	high purine	whole fat	whole grains only	nonstarchy	avocado	all are ok	all are ok
organ meats	anchovy	low purine		asparagus	olive	walnut	butter
pate	caviar	cheese	high starch	benas, fresh	not fully ripe	pumpkin	cream
beef liver	herring	cottage cheese	amaranth	cauliflower	apple(some)	peanut	cream
Chicken liver	mussel	cream	barley	celery	pear(some)	sunflower	oils:
medium purine	sardine	eggs	brown rice	mushroom	high starch	sesame	almond
beef	medium purine	kefir	buckwheat	spinach	banana	almond	coconut
bacon	abalone	milk	corn	high starch		cashew	flax
Chicken 2	clam	yoghurt	coucous	artichoke		Brazill	olive
duck	crab	LEGUMES	kamut	carrot		filbert	peanut
fowl	crayfish	low purine	kasha	pea		pecan	sesame
goose	lobster	tempeh	millet	potatoes, fried in		chestnut	sunflower
kidney	mackerel	tofu	oat	butter only		pistachio	walnut
lamb	octopus	medium purine	quinoa	LEGUMES		coconut	
pork chop	oyster	beans, dried	rye	nonstarchy		hickory	
spare rib	salmon	lentils	spelt	tempeh		macadamia	
turkey 2	scallop	NUTS	triticale	tofu			
veal	shrimp	all are ok	sprouted-grain bread is only bread allowable	high starch			
wild game	snail			benas, dried			
	squid			peas, dried			
	tuna, dark			lentils			

1. Every meal should contain a protein from these sources but dairy, legumes or nuts are not a substitute for meats at main meals.
 2. Dark meat is best.
 3. Sprouted grain breads such as Ezekiel or Manna brands.