

FOODS HIGH IN ESSENTIAL NUTRIENTS

Foods listed in approximate amounts, supplied by average servings, highest first and decreasing as reading down.

<input type="checkbox"/> Protein	<input type="checkbox"/> Vitamin B-6	<input type="checkbox"/> Choline	<input type="checkbox"/> Vitamin U	<input type="checkbox"/> Iron
Chicken Dry soybeans Fish Ham, Pork Beef Vegetable patty Cottage cheese	Soybeans Fresh salmon Ham, Pork Canned salmon Brewer's yeast Molasses Liver Wheat bran Beef Cod Wheat germ Sunflower seeds	Egg yolks Organic meats Brewer's yeast Wheat germ Soybeans Fish Legumes Lecithin	Raw cabbage juice Fresh cabbage Home made sauerkraut	Prune juice Liver Beef Soybeans Baked beans Ham Organic meats Chicken Spinach Eggs
<input type="checkbox"/> Polyunsaturated Fat	<input type="checkbox"/> Pantothenic Acid	<input type="checkbox"/> Vitamin D	<input type="checkbox"/> Calcium	<input type="checkbox"/> Manganese
Safflower oil Corn oil Soybean oil Cottonseed oil English walnuts Sunflower seeds Margarine containing liquid vegetable oil	Liver Organic meats Eggs Soybeans Broccoli Peanuts Mushrooms Beef Haddock Brewer's yeast	Salmon Sardines Herring Vit. D fortified milk and milk products Egg yolks Organic meats	Milk Broccoli Dark green leafy veg. Cheese Molasses Legumes Almonds Cottage cheese Brazil nuts	Whole grains Green leafy vegetables Legumes Nuts Pineapples Egg yolks
<input type="checkbox"/> Carbohydrates	<input type="checkbox"/> Vitamin B-12	<input type="checkbox"/> Vitamin E	<input type="checkbox"/> Magnesium	<input type="checkbox"/> Chromium
Whole grains Honey syrup Fruits Vegetables	Liver Beef kidney Beef Oysters Salmon Fresh sole filet Ham, Pork Chicken	Soybean oil Corn or Cottonseed oil Wheat germ Peanuts Margarine Mayonnaise Broiled salmon steak	Soybeans Wheat germ Cashews Almonds Brazil nuts Baked beans Peanuts Molasses Dark green leafy veg.	Corn oil Clams Whole grain cereals Brewer's yeast
<input type="checkbox"/> Water	<input type="checkbox"/> Vitamin B-13/Orotic Acid	<input type="checkbox"/> Vitamin F	<input type="checkbox"/> Sodium	<input type="checkbox"/> Selenium
Beverages Fruits Vegetables	Organically grown root vegetables Whey Curdled milk Vanadium Fish	Vegetable oils Butter Sunflower seeds	Seafood Table salt Baking powder Baking soda Celery Processed foods Milk products Kelp	Tuna Herring Brewer's yeast Wheat germ and bran Broccoli Whole grains
<input type="checkbox"/> Vitamin A	<input type="checkbox"/> Folicin	<input type="checkbox"/> Inositol	<input type="checkbox"/> Potassium	<input type="checkbox"/> Cobalt
Liver Dark green leafy veg. Cantaloupe Sweet potato Carrots Spinach, Chard Tomato Eggs	Chicken liver Beef liver Wheat germ Asparagus Lettuce Spinach Orange juice Legumes	Whole grains Citrus fruits Brewer's yeast Molasses Meat Milk Nuts Vegetables Lecithin	Soybeans Cantaloupe Sweet potato Avocado Raisins Banana Halibut, Sole Baked beans Molasses Ham Mushrooms Beef White potatoes	Organic meats Oysters Clams Poultry Milk Green leafy vegetables Fruits
<input type="checkbox"/> Vitamin B-1	<input type="checkbox"/> Biotin	<input type="checkbox"/> Vitamin K	<input type="checkbox"/> Copper	<input type="checkbox"/> Chlorine
Brewer's yeast Pork Dry soybeans Ham Wheat germ Sunflower seeds Fortified cereals Brazil nuts Oatmeal	Egg yolks Liver Unpolished rice Brewer's yeast Whole grains Sardines Legumes	Green leafy vegetables Egg yolks Safflower oil Blackstrap molasses Cauliflower Soybeans	Organic meats Seafood Nuts Legumes Molasses Raisins Bone meal	Table salt Seafood Meats Ripe olives Rye flour
<input type="checkbox"/> Vitamin B-2	<input type="checkbox"/> Vitamin C	<input type="checkbox"/> Laetrile	<input type="checkbox"/> Zinc	<input type="checkbox"/> Fluoride
Liver Organic meats Mushrooms Skim milk Whole milk Brewer's yeast Fortified cereals Eggs Beef Cottage cheese Chicken Spinach Ham, Pork	Guava Broccoli Green pepper, Brussels sprouts Cantaloupe Dark green leafy veg. Citrus fruit or juice Fresh strawberries Cabbage Watermelon	Whole kernels of Apricots, Apples, Cherries, Peaches, Plums	Beef Oatmeal Dark chicken Fish Beef liver Dried beans Bran Tuna	Tea Seafood Flouridated water Bone meal
<input type="checkbox"/> Niacin		<input type="checkbox"/> Pangamic Acid	<input type="checkbox"/> Phosphorus	<input type="checkbox"/> Molybdenum
Salmon, Tuna Chicken Halibut Liver Beef Organic meats Peanuts All bran Mushrooms Brewer's yeast Other fish		Brewer's yeast Rare steaks Brown rice Sunflower, Pumpkin and Sesame seeds	Tuna Sweetbreads Wheat germ Soybeans Fried beef liver Brazil nuts Beef Skim milk Processed cheese	Legumes Whole grain cereals Milk Liver Dark green vegetables
		<input type="checkbox"/> Para-Aminobenzoic Acid		<input type="checkbox"/> Sulfur
		Organic meats Wheat germ Yogurt Molasses Green leafy vegetables		Fish Eggs Meats Cabbage Brussels sprouts
		<input type="checkbox"/> Vitamin P		<input type="checkbox"/> Vanadium
		Citrus fruits Fruits Black currants Buckwheat		Fish
		<input type="checkbox"/> Vitamin T		<input type="checkbox"/> Iodine
		Sesame seeds Raw sesame butter Egg yolks		Iodized salt Ocean fish Shell fish Spinach

<input type="checkbox"/> Tryptophan	Baked beans Peanuts Almonds Milk	Soy protein Ham, Pork Vegetable patty Eggs Cottage cheese Liver Baked beans Milk	Vegetable patty Brewer's yeast Oatmeal	Eggs Cottage cheese Liver Soybeans Soy protein Vegetable patty Sardines Milk Yogurt
Beef Soy protein Chicken Soybeans Fish Eggs Vegetable patty Cottage cheese Milk Mixed nuts Baked beans	<input type="checkbox"/> Leucine	<input type="checkbox"/> Lysine	<input type="checkbox"/> Valine	<input type="checkbox"/> Threonine
<input type="checkbox"/> Phenylalanine	Beef Chicken Soy protein Fish Soybeans Eggs Baked Beans	Chicken Beef Fish Ham, Pork Soy protein Soybeans Cottage cheese Baked beans Eggs Goat milk Milk Peanuts	Beef Chicken Fish Soy protein Soybeans Ham, Pork Eggs Liver Vegetable patty Cottage cheese Baked beans Milk	Beef Chicken Fish Ham, Pork Soy protein Soybeans Liver Eggs Cottage cheese Goat milk Baked beans Vegetable patty
Soy protein Beef Chicken Soybeans Fish Vegetable patty Eggs Cottage cheese	<input type="checkbox"/> Iso-Leucine		<input type="checkbox"/> Methionine	
	Beef Chicken Fish Soybeans		Chicken Beef Fish Ham, Pork	

FOODS HIGH IN:

REFINED CARBOHYDRATES		SUGAR	
Ready to serve breakfast cereals White bread Pancakes Cakes and Icings Cookies Pies Rolls and Muffins Sandwich buns and English muffins Biscuits	Ice milk Sherbet Fruit, canned or frozen in syrup Sweetened applesauce Syrups and sweet sauces Jams and jellies Candy Chocolate Jello	Sweetened and sugar coated cereals Cakes and Icings Cookies Pies Bran muffins Graham crackers Sweet rolls Coffee cakes Doughnuts Ice cream	Breakfast squares Sweet pickles Sweetened yogurt Jello Puddings Custards Hot chocolate and Chocolate milk Milkshake Ovaltine Kool-Aid
Saltines Graham crackers Pretzels Macaroni Noodles Spaghetti Sweet rolls Doughnuts and Poptarts Coffee cakes White and instant rice Flour tortillas Cream sauces and soups Candied sweet potatoes Sweet pickles Snack foods (Cheese puffs, Onion rings, etc.) Ice cream	Puddings Custards Sweetened yogurt Instant breakfast Breakfast squares Hot chocolate Milkshake Ovaltine Soft drinks Kool-aid Tang and fruit drinks Popsicles Beer Wine Hard Liquor Brandy Cordials	Ice milk Sherbet Fruit, canned or frozen in syrup Sweetened applesauce Sweet potatoes, candied or in syrup Chocolate sauce Other sweet sauces and syrups Jams and jellies Candy, including: Candy bars, Hard candy, Life Savers Cough drops Chocolate Instant Breakfast	Tang Canned or frozen fruit drinks Soft drinks Popsicles Dessert wines and cordials

LIST OF PLAQUE-FORMING FOODS

Sweetened and sugar coated cereals Oatmeal Pancakes Cakes and Icings Cookies Pies Graham crackers Sweet rolls	Coffee cakes Doughnuts Ice cream Ice milk Sherbet Fruit, canned or frozen in syrup Fruit, canned (sugar free)	Instant breakfast Breakfast squares Hot chocolate Milkshake Ovaltine Jams and Jellies Syrups and sweet sauces	Candy Chocolate Thousand Island dressing Sweetened yogurt Jello Puddings Custards
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