						1						2 1	4-6 07 (cheeses: 2 oz (56 g)	ega: 1		m								4-6 oz (113-170 g)	portion:	SEAFOOD:				children 2-5 oz (56-141 g)	women/	men 4–6 oz (113–170 g)	portion:	POULTRY:	MEAT &	FOOD GROUP Portion
Asians: 0-2X	Africans: 0X	Caucasians: 0-1X	Milk:	Asians: 0-3X	Africans: 0X	Caucasians: 0–3X	Yogurt:	Asians: 0-3X	Africans: 0X	Caucasians: 0-3X	Cheeses:	Asians: 5X	Africans: 0X	Caucasians: 3-4X	Eggs:	WEEKLY								Asians: 4–6X	Africans: 1-4X	Caucasians: 3–5X	WEEKLY	Asians: 3–4X	Africans: 1–2X	Caucasians: 2-3X	Poultry:	Asians: 3–5X	Africans: 5–7X	Caucasians: 4-6X	Lean Red Meats:	WEEKLY	FREQUENCY BY ANCESTRAL TYPE
											,				none				yellowtail	white perch, yellow perch,	swordfish, tilefish, whitefish,	striped bass, sturgeon,	salmon, sardine, shad, sole,	rainbow trout, red snapper,	herring, mackerel, pike,	bluefish, cod, hake, halibut,							veal, venison	heart, lamb, liver, mutton,	beef, minced beef, buffalo,		HIGHLY BENEFICIAL

			good dairy alternatives		milk	mozzarella, soya cheese,* soya	butter, farmer, feta, goat cheese,	mari), turtle, weakfish	perch, smelt, snail, squid (cala-	sea trout, shark, shrimp, silver	porgy, sailfish, scallop, sea bass,	ocean perch, oysters, pickerel,	ster, mahimahi, monkfish, mussels,	grey sole, grouper, haddock, lob-	crab, crayfish, eel, flounder, frog,	beluga, bluegill bass, carp, clam,	abalone, albacore (tuna), anchovy,		turkey	partridge, pheasant, quail, rabbit,	chicken, Poussin, duck,	NEUTRAL
cheese, Swiss, whey, whole milk, yo- gurt (all varieties)	ricotta, skim or 2% milk, string	Parmesan, provolone, neufchatel,	Gruyère, ice cream, Jarlsberg, kefir,	Emmenthal, goat milk, Gouda,	Colby, cottage, cream cheese, Edam,	milk, Camembert, casein, Cheddar,	American cheese, blue, Brie, butter-								salmon), octopus	herring (pickled), lox (smoked	barracuda, catfish, caviar, conch,				bacon, goose, ham, pork	AVOID

	pastas:1 cup dry	grains:1 cup dry	portion:	GRAINS & PASTA:						1 muffin	crispbread	1 slice bread or	portion:	BREADS & MUFFINS:		, cup dry	portion:	CEREALS:			1 cup dry	portion:	BEANS & LEGUMES:			l tablespoon	nut butters:	6-8 nuts	nuts & seeds:	portion:	NUTS & SEEDS:		1 tablespoon	portion:	OILS & FATS:	FOOD GROUP Portion
Pastas: 0-3X	Grains: 0-3X	Types	All Ancestral	WEEKLY	Asians: 0-1X	Africans: 0-2X	Caucasians: 0-1X	Muffins:	Asians: 0-4X	Africans: 0-4X	Caucasians: 0-2X	Crispbreads:	Breads &	DAILY	Asians: 2–4X	Africans: 2-3X	Caucasians: 2–3X	WEEKLY		Asians: 2–6X	Africans: 1-2X	Caucasians: 1-2X	WEEKLY	Asians: 2-4X	Caucasians: 3–7X	Nut Butters:			Caucasians: 3-4X	Nuts & Seeds:	WEEKLY	Asians: 3-7X	Africans: 1-5X	Caucasians: 4-8X	WEEKLY	FREQUENCY BY ANCESTRAL TYPE
				none										Essene bread			•	none				black-eyed beans	aduki beans, pinto beans,	,							pumpkin seeds, walnuts				linseed (flaxseed) oil, olive	HIGHLY BENEFICIAL

quinoa, basmati rice, brown rice,

barley flour, buckwheat, kashi,

white rice, wild rice, rice flour, rye

flour, spelt flour

flour, oat flour, soba noodles, semolina pasta, spinach pasta, sprouted-wheat flour, white flour, wholewheat flour

bulgar-wheat flour, couscous flour, durum-wheat flour, gluten flour, graham

brown-rice bread, flat bread, gluten- free bread, millet, rice cakes, 100% rye- bread, rye crispbread, Ryvita, soya- flour bread, spelt bread	almond butter, almonds, chestnuts, filberts, hickory nuts, macadamias, pecans, pignoli (pine), sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds black beans, broad beans, cannellini beans, fava beans, green beans, jicama beans, lima (butter) beans, pinto beans, red soya beans, snap beans, string beans, white beans, green peas, mange tout amaranth, barley, buckwheat, ground rice, kamut, kashi, puffed millet, puffed rice, rice bran, spelt	
wheat bagels, maize flour muffins, durum wheat, wheat muffins, high-protein bread, wheat matzo, multigrain bread, oat-bran bread, pumpernickel, sprouted-wheat bread, wheat-bran muffins, wholewheat bread	corn oil, cottonseed oil, peanut oil, safflower oil Brazil, cashew, lychee, peanuts. peanut butter, pistachios, poppy seeds peanut butter, pistachios, poppy seeds copper beans, kidney beans, haricot beans, tamarind beans, brown lentils, green lentils, red lentils green lentils, red lentils wheat bran, oat- meal, shredded wheat, wheat bran, wheatgerm	

water: 8 oz. (236 ml)	Juices & Fluids: portion: initias: 8 or (236 m)			1 fruit or 3–5 oz. (85–141 g)	portion:								l cup prepared	or steamed:	raw, cooked,	portion:	VEGETABLES:	FOOD GROUP Portion
Juices: 2–3X Water: 4–7X	DAILY All Ancestral			Types 3–4X	All Ancestral					vegetables: 3-3X		Cooked or	3-5X	Raw vegetables:	Types	All Ancestral	DAILY	FREQUENCY BY ANCESTRAL TYPE
	black cherry, pineapple, prune			plums, prunes	dried or fresh figs, dark plums, red plums, green		שופס כוומוט, נמווווטא	pumpkin, seaweed, spinach,	red peppers, sweet potatoes,	onions, parsley parsnins	lettuce, okra, red onions,	kohlrabi, leek, romaine	garlic, horseradish, kale,	greens, dandelion, endive,	broccoli, chicory, spring	domestic), beet leaves,	artichokes (Jerusalem &	HIGHLY BENEFICIAL

water chestnut, watercress, yams

cypes squash, compen, com, commen,	pini), mung sprouts, radish sprouts, all	shallots, mange tout, turnip tops (rap-	radishes, rocket, rutabaga, scallion,	peppers, yellow peppers, radicchio,	spring onions, green peppers, jalapeño	tree oyster mushrooms, green olives,	mushrooms, Portobello mushrooms,	beans, abalone mushrooms, enoki	lettuce, mixed-leaf salad, lima (butter)	ger, bibb (butterhead) lettuce, iceberg	endive, fennel, fiddlehead ferns, gin-	cucumber, daikon radish (mooli), dill,	coriander (cilantro), courgettes,	choy, caraway, carrots, celery, chervil,	asparagus, bamboo shoots, beets, bok		NEUTRAL
				•			4	sprouts, Brussels sprouts	potatoes, white potatoes, alfalfa	olives, Greek olives, stuffed olives,	mushrooms, mustard greens, black	mestic mushrooms, shiitake	flower, white corn, yellow corn, do	red cabbage, white cabbage, cauli-	aubergine, avocado, Chinese cabba	- ·	AVOID

black grapes, green grapes, red black & red currants, red dates, elderboysenberries, cherries, cranberries, apples, apricots, bananas, blueberries ish melon, watermelon, nectarines, shaw melon, Christmas melon, Spancanang melon, casaba melon, Crenlemons, limes, loganberries, mangoes, grapes, guava, kiwi, kumquat, berries, gooseberries, grapefruit, (carambola) pears, raisins, raspberries, starfruit pineapples, pomegranates, prickly papayas, peaches, pears, persimmons,

tangerines

melon, honeydew melon, oranges, blackberries, coconuts, cantaloupe

plantains, rhubarb, strawberries,

cucumber, grape, grapefruit, papaya, tomato water (with lemon), vegetable apricot, carrot, celery, cranberry,

> , red age,

apple, apple cider, cabbage, orange

MISC. BEVERAGES:	HERBAL TEAS:	CONDIMENTS:	Spices:	FOOD GROUP Portion
				FREQUENCY BY ANCESTRAL TYPE
seltzer water	cayenne, chickweed, dandelion, fenugreek, ginger, hops, linden, mulberry, parsley, peppermint, rose hip, sarsaparilla, slippery elm	none	Carob, cayenne pepper, curry, dulse, kelp (bladder-wrack), parsley, turmeric	HIGHLY BENEFICIAL

mustard, paprika, peppercorns, pep- per, red pepper flakes, peppermint, pimiento, rice syrup, rosemary, saf-	tartar, cumin, dill, garlic, plain gela- tine, honey, horseradish, maple syrup, marjoram, mint, miso, molasses, dry	bay leaf, bergamot, brown-rice syrup, cardamom, chervil, chives, chocolate, clove, coriander (cilantro), cream of	agar, allspice, almond extract, aniseed, arrowroot, barley malt, basil,	NEUTRAL
eep-	la- yrup,	of wine vinegar, white vinegar of wine vinegar, white vinegar white vinegar		Avoid

Worcestershire sauce (low-fat from acceptable ingredients), able fruits, mustard, salad dressing apple butter, jam & jelly from accept-

pickles, relish

ragon, thyme, wintergreen

fron, sage, salt, savory, soy sauce,

hawthorn, horehound, liquorice root, catnip, chamomile, dong quai (angelwhite birch, white oak bark, yarrow spearmint, thyme, valerian, vervain, mullein, raspberry leaf, sage, skullcap, ica root), elder, ginseng, green tea,

beer, green tea, red wine, white wine

sugar, tamari, tamarind, tapioca, tarspearmint, sucanat, white & brown kosher pickles, sweet pickles, sour ketchup, mayonnaise, dill pickles,

red clover, rhubarb, St John's wort, silk, echinacea, gentian, goldenseal, alfalfa, aloe, burdock, coltsfoot, corn leaf, yellow dock senna, shepherd's purse, strawberry

black teas (regular & decaf) regular & decaf coffee, distilled liquors, cola, diet cola & other sodas,

		¥0-7	Asidils.	**
		? :	•	-
		7-8X	Africans:	l tablespoon
	oil	2-6X	Caucasians:	portion:
•	linseed (flaxseed) oil, olive		WEEKLY	OILS & FATS:
		ζ,	Asidiis.	
		?	>	
•		0 X	Africans:	
		0-4×	Caucasians:	
			Milk:	
		0-3X	Asians:	
		0 X	Africans:	
		1-3X	Caucasians:	
			Yogurt:	
		0X	Asians:	3 m
		1-3X	Africans:	
		: 2-4X	Caucasians:	
			Cheeses:	milk: 4-6 oz (118-177 ml)
		1-3X	Asians:	yogurt: 4-6 oz (113-170 g)
		1-3X	Africans:	cheeses: 2 oz (56 g)
	*good dairy alternative	1-3X	Caucasians:	egg: I
			Eggs:	portion:
	soya cheese,* soya milk*		WEEKLY	EGGS & DAIRY:
	yellow perch			
	vollen perch			
	silver perch spail whitefish			
	salmon sardine sea trout			
	snapper rainhow trout	1 4 ×	Asians:	
	erel, monkfish, pickerel, red	0-3X	Africans:	4-6 oz (113-170 g)
	carp, cod, grouper, mack-	<u>∓</u>	Caucasians:	portion:
			WEEKLY	SEAFOOD:
•			Asians:	
		0-3X	Africans:	
		0–3X	Caucasians:	
			Poultry:	
		0-1×	Asians	children 2-5 oz (56-141 g)
		0-1×	Africans:	women/
		0X	Caucasians:	men 4-6 oz (113-170 g)
		neats:	Lean red meats:	portion:
	none		WEEKLY	MEAT & POULTRY:
			-	\$ 100 miles
	HIGHLY BENEFICIAL	LTYPE	ANCESTRAL TYPE	Portion
		CY BY	FREQUENCY BY	FOOD GROUP
		-	1	

canola oil, cod liver oil

corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil

farmer, feta, goat cheese, goat milk, kefir, mozzarella (low fat), ricotta (low fat), string cheese, yogurt with fruit, frozen yogurt	abalone, albacore (tuna), mahimahi, ocean perch, pike, porgy, sailfish, sea bass, shark, smelt, snapper, sturgeon, swordfish, weakfish, white perch, yellowtail	chicken, Poussin, turkey	NEUTRAL
American cheese, blue, Brie, butter, buttermilk, Camembert, casein, Cheddar, Colby, cottage, cream cheese, Edam, Emmenthal, Gouda, Gruyère, ice cream, Jarlsberg, neufchatel, Parmesan, provolone, sherbet, skim or 2% milk, Swiss, whey, whole milk	anchovy, barracuda, beluga, bluefish, bluegill bass, catfish, caviar, clam, conch, crab, crayfish, eel, flounder, frog, grey sole, haddock, hake, halibut, herring, lobster, lox (smoked salmon), mussels, octopus, oysters, scallop, shad, shrimp, sole, squid (calamari), striped bass, tilefish, turtle	bacon, beef, minced beef, buffalo, duck, goose, ham, heart, lamb, liver, mutton, partridge, pheasant, pork, quail, rabbit, veal, venison	AVOID

FOOD GROUP Partian	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL
NUTS & SEEDS:	WEEKLY	peanuts, peanut butter
portion:	Nuts & Seeds:	pumpkin seeds
nuts & seeds:	Caucasians: 2–5X	
small handful		
nut butters:		
1 tablespoon	Nut Butters:	
	Caucasians: 1-4X	
	Africans: 3-5X	
	Asians: 2-4X	
BEANS & LEGUMES:	WEEKLY	aduki beans, black beans, green
portion:	Caucasians: 3–6X	beans, pinto beans, red soya
1 cup dry	Africans: 4-7X	beans, lentils (brown, red &
	Asians: 2–5X	green), black-eyed beans
CEREALS:	WEEKLY	amaranth, kash
portion:	Whole Grains:	
whole grain:	Caucasians: 5–9X	
1 cup dry	Africans: 6-10X	
	Asians: 4–8X	
BREADS & MUFFINS:	DAILY	Essene bread, soya-flour bread,
portion:	Breads &	sprouted-wheat bread, rice
1 slice bread	Crispbreads:	cakes
or crispbread	Caucasians: 3-5X	
1 muffin	Africans: 2–4X	
	Asians: 2–4X Muffins:	
	Caucasians: 1-2X	
*	Africans: 1X	
* .	Asians: IX	
GRAINS & PASTAS:	WEEKLY	kashi, oat flour, rice flour, rye
portion:	Grains	flour, soba noodles
grains:	Caucasians: 2–4X	
1 cup dry	Africans: 2–3X	
pastas:	Asians: 2-4X	
1 cup dry	Pastas:	
	รร	
	S:	
	Asians: 2-4X	
The second secon		

brown rice, white rice, wild rice	spelt noodles, quinoa, basmati rice,	graham flour, sprouted-wheat flour,	couscous, barley flour, bulgar-wheat	brown-rice bread, maize meal muffins, gluten-free bread, millet, oat bran muffins, 100% rye bread, rye crisp, Ryvita, spelt bread	barley, cornflakes, maize flour, ground rice, kamut, puffed millet, oat bran, oatmeal (porridge), puffed rice, rice bran, spelt	broad beans, cannellini beans, fava beans, snap beans, string beans, white beans, green peas, mange tout	almond butter, almonds, chestnuts, filberts, hickory, lychees, macadamias, pignoli (pine), poppy seeds, sesame seeds, sesame butter, sunflower butter, sunflower seeds, walnuts	NEUTRAL
		General Republication of the second	white flour, wholewheat flour,	durum wheat, high-protein bread, multigrain bread, English muffins, pumpernickel, wheat-bran muffins, wholewheat bread, wheat matzo	Familia, farina (semolina), Grape Nuts, seven grain, shredded wheat, wheat bran, wheatgerm	copper beans, chickpeas, kidney beans, lima (butter) beans,haricot beans, tamarind beans	Brazil, cashews, pistachios	AVOID

	Lemon & Water:	
	1-3X	
	Water:	water: 8 oz (236 ml)
	4-5X	lemon and
with lemon	Juices:	water: 8 oz (236 ml)
pineapple, prunes, water	Types	juices: 8 oz (236 ml)
black cherries, grapefruit,	All Ancestral	portion:
apricots, carrots, celery,	DAILY	JUICES & FLUIDS:
	-	To the second se
plums, prunes		
plums, green plums, red		
lemons, pineapple, dark		
ligs, fresh ligs, grapeiruit,		0 2-3 02 (03-14)
cherries, cranberries, dried	Types 3-4X	
blueberries, boysenberries,	All Ancestral	portion
apricots, blackberries,	DAILY	TRUITS:
	Asians: 5-/X	
	Caucasians: 4-6X	
tempeh, tofu, turnips	Soya Products:	
spinach, Swiss chard,	WEEKLY	
parsley, parsnips, pumpkin,	Asians: 3-6X	
onions, yellow onions,	Africans: 1-4X	
lettuce, okra, red Spanish	Caucasians: 3-6X	
kale, kohlrabi, leek, romaine	Vegetables:	6-8 oz (170-226 g)
endive, garlic, horseradish,	Cooked	soya products:
spring greens, dandelion,	Asians: 2-5X	cooked
broccoli, carrots, chicory,	Africans: 3-6X	cooked: 1 cup
artichokes, beet leaves,	Caucasians: 2-5X	raw: 1 cup
artichokes, Jerusalem	Raw Vegetables:	portion:
alfalfa sprouts, domestic	DAILY	VEGETABLE:
HIGHLY BENEFICIAL	ANCESTRAL TYPE	Portion

raisins, raspberries, star fruit, straw-	mons, pomegranates, prickly pears,	nectarines, peaches, pears, persim-	melon, Spanish melon, watermelon,	mas melon, Crenshaw melon, musk	canang melon, casaba melon, Christ-	kiwi, kumquat, limes, loganberries, t	grapes (black, green & red), guava, a	dates, elderberries, gooseberries, t	apples, black currants, red currants, b	chestnut, watercress	radish sprouts, all types squash, water	Brussels sprouts, mung sprouts,	rutabaga, scallion, seaweed, shallots,	radishes, rappini (turnip tops),	green olives, spring onions, radicchio,	oyster mushrooms, mustard greens,	rooms, Portobello mushrooms, tree	maitaki mushrooms, shiitake mush-	mushrooms, enoki mushrooms,	berg lettuce, mixed-leaf salad, abalone p	ferns, bibb (butterhead) lettuce, ice-p	(mooli), endive, fennel, fiddlehead p	courgettes, cucumber, daikon radish g	riander, white & yellow corn, o		bamboo shoots, beets, bok choy, car-	arugula (rocket), asparagus, avocado, a	NEUTRAL
						tangerines	anges, papayas, plantains, rhubarb,	taloupe melon, honeydew melon, or-	bananas, coconuts, mangoes, can-									· 100 100 100 新疆安徽第二十二十二十二十三十二十二十二十二十二十二十二十二十二十二十二十二十二十二十二		potatoes, tomatoes, yams	potatoes, red potatoes, white	peppers, yellow peppers, sweet	green peppers, jalapeño peppers, red	olives, Greek olives, stuffed olives,	beans, domestic mushrooms, black	cabbage, white cabbage, haricot	aubergines, Chinese cabbage, red	AVOID

apple, apple cider, cabbage, cucumber, cranberry, grape, vegetable juice (corresponding to highlighted vegetables)

orange, papaya, tomato

BARCESTRAL TYPE barley malt, blackstrap molasses, garlic, ginger, miso, soy sauce, tamari sauce mustard mustard mustard alfalfa, aloe, burdock, chamornile, echinacea, fenugreek, ginger, ginseng, green tea, hawthorn, milk thistle, rose hip, St John's wort, slippery elm, stone root, valerian coffee (regular & decaf), green tea, red wine	CONDIMENTS CONDIMENTS HERBAL TEAS HERBAL TEAS BEVERAGES	SPICES	UP .
barley malt, blackstrap molasses, garlic, ginger, miso, soy sauce, tamari sauce tamari sauce mustard mustard mustard mustard mustard singer, ginseng, green tea, hawthorn, milk thistle, rose hip, St John's wort, slippery elm, stone root, valerian coffee (regular & decaf), green tea, green tea, green tea, red wine		CESTRAL TIME	REQUENCY BY
그 보는 그는 그는 그는 그 모든 그리는 아무리는 아무리는 사람들이 하지만 사람들이 얼굴을 모든 사람들이 그릇이 하고 밝혔다.	tamari sauce mustard mustard alfalfa, aloe, burdock, chamomile, echinacea, fenugreek, ginger, ginseng, green tea, hawthorn, milk thistle, rose hip, St John's wort, slippery elm, stone root, valerian coffee (regular & decaf), green tea, red wine	barley malt, blackstrap molasses, garlic, ginger,	

white wine

teas (regular & decaf)

beer, distilled liquors, seltzer water, diet cola, cola and other sodas, black

	bark, yarrow	
	thyme, vervain, white birch, white oak	
	skullcap, spearmint, strawberry leaf,	
	sarsaparilla, senna, shepherd's purse,	
	permint, raspberry leaf, sage,	
	den, mulberry, mullein, parsley, pep-	
	hops, horehound, liquorice root, lin-	
rhubarb, yellow dock	dandelion, elder, gentian, goldenseal,	
catnip, cayenne, corn silk, red clover,	angelica root, chickweed, coltsfoot,	
	able ingredients)	
relish, Worcestershire sauce	salad dressing (low-fat from accept-	
ketchup, mayonnaise, pickles, pickle	jam & jelly (from acceptable fruits),	
	thyme, turmeric, vanilla extract	
	sugar, tamarind, tapioca, tarragon,	
	savory, spearmint, brown sugar, white	
	syrup, rosemary, saffron, sage, salt,	
	parsley, peppermint, pimiento, rice	
	mustard, nutmeg, oregano, paprika,	
	maple syrup, marjoram, mint, dry	
	dill, dulse, honey, horseradish, kelp,	
wintergreen	syrup, cream of tartar, cumin, curry,	
gar, balsamic vinegar, white vinegar,	cloves, coriander, cornflour, corn	
per, apple cider vinegar, red wine vine-	chervil, chives, chocolate, cinnamon,	v V
pepper, red pepper flakes, white pep-	brown-rice syrup, cardamom, carob,	
pepper, cayenne pepper, peppercorn	arrowroot, basil, bay leaf, bergamot,	
capers, plain gelatine, ground black	agar, allspice, almond extract, anise,	
AVOID	NEUTRAL	

		1 tablespoon	portion:	OILS & FATS:												milk: 4-6 oz (118-177 ml)	yogurt: 4-6 oz (113-170 g)	cheeses: 2 oz (56 g)		portion:	EGGS & DAIRY:					4-6 oz (113-170 g)	portion:	SEAFOOD:					children 2-5 oz (56-141 g)	women/	men 4-6 oz (113-170 g)	portion:	MEAT & POULTRY:	FOOD GROUP Portion
Asians: 5-7X	Africanc: 3-54	Caucasians: 4-6X	₩ MEXLY		Asians: 2-3X	Africans: 0–3X	Caucasians: 4–5X	Milk:	Asians: 1–3X	Africans: 0-4X	Caucasians: 2-4X	Yogurt:	Asians: 2-3X	Africans: 3-4X	Caucasians: 3–5X	Cheeses:	Asians: 5-6X	Africans: 3-4X	Caucasians: 3-4X	Eggs:	WEEKLY				Asians: 3–5X	Africans: 4–6X	Caucasians: 3-5X	WEEKLY	Asians: I-2X	Africans: 0-2X	Caucasians: 0-3X	Poultry:	Asians: 2–3X	Africans: 3-4X	Caucasians: 2-3X	Lean Red Meats:	WEEKLY	ANCESTRAL TYPE
			Olive oil														frozen yogurt	or 2% milk, yogurt with fruit,	kefir, mozzarella, ricotta, skim	feta, goat cheese, goat milk,	cottage cheese, farmhouse,	(caviar)	sole, sturgeon, sturgeon eggs	porgy, sardine, sea trout, shad,	ocean perch, pickerel, pike,	mackerel, mahimahi, monkfish,	haddock, hake, halibut,	cod, flounder, grouper,									lamb, mutton, rabbit, venison	HIGHLY BENEFICIAL

cod liver oil, linssed (flaxseed) oil	Edam, Emmenthal, Gouda, Gruyère, Jarlsberg, neufchatel, Parmesan, pro- volone, sherbet, soya cheese, soya milk, Swiss, whey, whole milk	Brie, butter, buttermilk, Camembert, casein, Cheddar, Colby, cream cheese,	swordfish, tilefish, weakfish, white perch, whitefish, yellow perch	samon, scallop, silatik, silvet petch, smelt, snapper, squid (calamari),	rainbow trout, red snapper, sailfish,	abalone, albacore (tuna), bluefish, carp, catfish, herring (fresh & pickled),	pheasant, turkey, veal	beef, minced beef, buffalo, liver,	NEUTRAL
canola oil, corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil, sunflower oil		American processed cheese, blue, ice cream, string cheese	lowrail	shrimp, snail, striped bass, turtle, yel-	frog, lobster, lox (smoked salmon),	anchovy, barracuda, beluga, bluegill bass, clam, conch, crab, crayfish, eel,	ham, heart, partridge, pork, quail	bacon, chicken, Poussin, duck, goose,	AVOID

			l cup dry	pastas:	l cup dry	grains:	portion:	GRAINS & PASTA:		l muttin	or crispbread	l slice bread	portion:	BREADS & MUFFINS:		l cup dry	portion:	CEREALS:		l cup dry	portion:	BEANS & LEGUMES:				l tablespoon	nut butters:	6–8 nuts	Nuts & seeds:	portion.	Nurs & Seeds:	Portion
Asians: 2-3X	Africans: 3-4X	Caucasians: 3-4X	Pastas:	Asians: 2-3X	Africans: 3–4X	Caucasians: 3-4X	Grains:	WEEKLY	multins: UTIX	ads	Breads &	Types	All Ancestral	DAILY	Asians: 2–4X	Africans: 2-3X	Caucasians: 2-4X	WEEKLY	Asians: 4–5X	Africans: 3-4X	Caucasians: 2-3X	WEEKLY	Asians: 2–3X	Africans: 2-3X	Caucasians: 2-3X	Nut Butters:	Asians: 2-3X	Africans: 3-5X	Caucasians: 2-5X	Nuts & Seeds:	WEEKLY	ANCESTRAL TYPE
								oat flour, rice flour					bread, millet, rice cakes	brown-rice bread, Essene		bran, spelt	(porridge), puffed rice, rice	millet, oat bran, oatmeal			beans, haricot beans	kidney beans, lima (butter)									none	HIGHLY BENEFICIAL

white rice	quinoa, basmati rice, brown rice,	semolina pasta, spinach pasta,	graham flour, spelt flour, white flour,			bread, soya flour bread	wheat bread, oat-bran muffins, spelt	gluten-free bread, high-protein no-		muesli	ground rice, Familia, farina (semolina),	peas, mange tout, soya beans	talia ilia peallo, wille peallo, giren	tamarind houng white houng groon	beans, snap beans, string beans,	cama beans, northern beans, red	beans, fava beans, green beans, Ji	broad beans, cannellini beans, copper				macadamias, pecans, walnuts	nuts, hickory nuts, lychees,	almond butter, almonds, Brazil, chest-	NEUTRAL
wheat flour, soba noodles, wild rice	flour, gluten flour, rye flour, whole-	flour, bulgar-wheat flour, durum-wheat	kashi, buckwheat, couscous, barley	bread, flat bread, pumpernickei	wheat-bran muffins, wholewheat	rye bread, rye crispbread, Ryvita,	durum wheat, multigrain bread, 100%	wheat bagels, maize meal muffins.	ded wheat, wheat bran, wheatgerm	flakes, maize meal, kamut, rye, shred-	amaranth, barley, buckwheat, corn-					red), black-eyed beans	pinto beans, lentils (brown, green &	aduki beans, black beans, chickpeas,		flower butter, sunflower seeds	butter (tahini), sesame seeds, sun	poppy seeds, pumpkin seeds, sesame	pistachio nuts, peanuts, peanut butter,	cashews, filberts, pignoli (pine) nuts,	AVOID

FOOD GROUP Partian	VEGETABLES:	portion:	гаw:	cooked:													FRUITS:	portion:	l fruit	or 3–5 oz			Juices & Fluips:	portion:	Juices: 8	water: 8			
			1 cup	1 cup	prepared															or 3–5 oz (85–141 g)					8 oz (236 ml)	8 oz (236 ml)			
FREQUENCY BY ANCESTRAL TYPE	DAILY	All Ancestral	Types	Raw:	3-5X	Cooked:	3-5X										DAILY	All Ancestral	Types	3-4X			DAILY	All Ancestral	Types	Juices:	2-3X	Water:	
HIGHLY BENEFICIAL	aubergine, beets, beet	leaves, broccoli,	Chinese cabbage, red	cabbage, white	cabbage, carrots,	cauliflower, spring	greens, kale, lima	(butter) beans, shiitake	mushrooms, mustard	greens, parsley,	parsnips, green	peppers, jalapeño	peppers, red peppers,	yellow peppers, sweet	potatoes, Brussels	sprouts, all types yams	bananas, cranberries,	black grapes, green	grapes, red grapes,	papaya, pineapple, dark	plums	plums	cabbage, cranberry,	grape, papaya,	pineapple				

celery, black cherry, cucumber, grape- fruit, orange, prune, water with lemon, vegetable juice (corresponding with highlighted vegetables)	apple, apple cider, apricot, carrot,	melon, Spanish melon, watermelon, nectarines, oranges, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines	dried figs, fresh figs, gooseberries, grapefruit, guava, kiwi, kumquat, lemons, limes, loganberries, mangoes, canang melon, cantaloupe melon, casaba melon, Christmas melon, Crenshaw melon, honeydew melon, musk	berries, boysenberries, cherries, black	apples, apricots, blackberries, blue-	weed, shallots, spinach, alfalfa sprouts, all types squash, Swiss chard, turnips, water chestnuts, watercress	onions, yellow onions, red potatoes, white potatoes, radicchio, rappini (turnip tops), rutabaga, scallion, sea	mushrooms, enoki mushrooms, Porto- bello mushrooms, tree oyster mush- rooms, okra, soring onions, Spanish	bibb (butterhead) lettuce, iceberg lettuce, romaine lettuce, mixed-leaf salad, abalone mushrooms, domestic	escarole, fennel, fiddlehead ferns, gar-	radish (mooli), dandelion, dill, endive,	shoots, bok choy, celery, chervil, chicory, courgettes, cucumber, daikon	arugula (rocket), asparagus, bamboo	NEUTRAL
	tomato			ates, prickly pear, rhubarb, starfruit	coconuts, persimmons, pomegran					mung sprouts, radish sprouts, tem- beh. tofu. tomato	stuffed olives, pumpkin, radishes,	olives, green olives, Greek olives,	domestic & Jerusalem artichoke, avo-	AVOID

MISC. BEVERAGES:	HERBAL TEAS:	CONDIMENTS:	Spices:	Portion
				ANCESTRAL TYPE
green tea	ginger, ginseng, liquorice, liquorice root, parsley, peppermint, raspberry leaf, rose hip, sage	none	cayenne pepper, curry, ginger, horseradish, parsley	HIGHLY BENEFICIAL

beer, regular & decaf coffee, black decaf tea, black regular tea, red wine, white wine

distilled liquor, seltzer water, cola, diet cola, other sodas

		portion:	OILS & FATS:												milk: 4-6 oz (118-177 ml)	yogurt: 4-6 oz (113-170 g)	cheeses: 2 oz (56 g)	egg: l	portion:	EGGS & DAIRY:					4-6 oz (113-170 g)	portion:	Seafood:				2-5 oz (56-141 g)	children	women/	men 4-6 oz (113-170 g)	portion:	MEAT & POULTRY:	FOOD GROUP Portion
Asians: 3-7X	Africans: 1–5X	Caucasians: 4-8X	WEEKLY	Asians: 2-5X	Africans: 1-6X	Caucasians: 3–6X	Milk:	Asians: 1-3X	Africans: 2-3X	Caucasians: 3-4X	Yogurt:	Asians: 3-4X	Africans: 2-3X	Caucasians: 3-4X	Cheeses:	Asians: 2-3X	Africans: 3–5X	Caucasians: 3-4X	Eggs:	WEEKLY				Asians: 4-6X	Africans: 3-5X	Caucasians: 3-5X	WEEKLY	Asians: 0-2X	Africans: 0-2X	Caucasians: 0-2X	Poultry:	Asians: 1-3X	Africans: 1-3X	Caucasians: 1-3X	Lean Red Meats:	WEEKLY	FREQUENCY BY ANCESTRAL TYPE
			olive oil	5X	***************************************	X		×	×							X cream, yogurt	x ricotta, non-fat sour	IX milk, kefir, mozzarella	feta, goat cheese, goat	cottage cheese, farmhouse,	sturgeon	sardine, sea trout, shad, snail,	trout, red snapper, sailfish,	X pickerel, pike, porgy, rainbow	X monkfish, ocean perch,	X hake, mackerel, mahimahi,	albacore (tuna), cod, grouper,		×	×				×		lamb, mutton, rabbit, turkey	E HICHLY BENEFICIAL

canola oil, cod liver oil, linseed (flaxseed) oil, peanut oil

corn oil, cottonseed oil, safflower oil, sesame oil, sunflower oil

	casein, Cheddar, Colby, cream cheese, Edam, Emmenthal, Gouda, Gruyère, Jarlsberg, neufchatel, skim or 2% milk, soya cheese,* soya milk,* string cheese, Swiss, whey *good dairy alternatives	lop, shark, silver perch, smelt, snap- per, squid (calamari), swordfish, tilefish, weakfish, whitefish, white perch, yellow perch	abalone, bluefish, carp, catfish, caviar, herring (fresh), mussels, salmon, scal-	liver pheasant	NEUTRAL
	American cheese, blue, Brie, butter, buttermilk, Camembert, ice cream, Parmesan, provolone, sherbet, whole milk	herring (pickled), lobster, lox (smoked salmon), octopus, oysters, sea bass, shrimp, striped bass, turtle, yellowtail	anchovy, barracuda, beluga, bluegill bass, clam, conch, crab, crayfish, eel,	bacon, beef, minced beef, buffalo, chicken, Poussin, duck, goose, ham, heart, partridge, pork, veal, venison, quail	AVOID

nuts & seeds: 6-8 nuts Africans: 2-5X Asians: 2-5X Nut Butters: 1 tablespoon Nut Butters: Caucasians: 3-7X Africans: 3-7X Africans: 3-7X Asians: 2-4X BEANS & LEGUMES: Portion: 1 cup dry Asians: 4-6X CEREALS: Portion: 1 cup dry Africans: 2-3X Africans: 2-3X Asians: 2-3X Africans: 2-3X Asians: 2-3X Portion: 1 cup dry Africans: 2-3X Africans: 2-4X
WEEKLY Caucasians: 2-3X l cup dry Asians: 2-4X
Breads & Muffins: 1 slice bread or crispbread 1 muffin Muffins: Daily brown-rice bread, Essene bread, millet, rice cakes, 100% rye bread, rye crispbread, Ryvita, soya- flour bread, sprouted-wheat Muffins: 0–1X bread
GRAINS & PASTA: portion: Grains: Grains: Caucasians: 3-4X pastas: 1 cup dry Pastas: 1 cup dry Africans: 3-4X

flour, semolina pasta, spinach pasta,

quinoa

	spelt flour, white flour, wholewheat
buckwheat, soba noodles, barley flour	couscous, bulgar-wheat flour, durum- wheat flour, gluten flour, graham flour,
	wneat-bran mumns, wnoiewneat bread
	nickel, spelt bread, wheat bread,
	bread, wheat matzos, multigrain bread, oat-bran muffins, pumper-
	bread, gluten-free bread, high-protein
maize meal muffins	bran, wheatgerm wheat, flat
	soya flakes, soya granules, wheat
NATION C	ground rice, muesli, shredded wheat,
buckwheat, corn flakes, maize meal,	amaranth, barley, Familia, farina
	green peas, mange tout
beans, black-eyed beans	white beans, brown lentils, red lentils,
chickpeas, kidney beans, lima (butter)	beans, green beans, string beans,
aduki beans, black beans, fava beans,	broad beans, cannellini beans, copper
	chios
sunflower butter, sunflower seeds	macadamias, pignoli (pine) nuts, pista-
sesame butter (tahini), sesame seeds.	cashew, hickory, lychees,
filberts, poppy seeds, pumpkin seeds	almond butter, almonds, Brazil,
AVOID	NEUTRAL

BLES: BLES: DAILY All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X Cooked or All Ancestral Types 3-5X All Ancestral Types All Ancestral Types All Ancestral Types All Ancestral Types All Ancestral Types All Ancestral Types All Ancestral Types All Ancestral Types All Ancestral Types All Ancestral Types All Ancestral Types All Ancestral Types All Ancestral Types					
S: DAILY All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X Mil Ancestral Types 3-5X Mil Ancestral Types 3-5X Mil Ancestral Types 3-4X Mil Ancestral All Ancestral All Ancestral All Ancestral Roc (236 ml) Types Mil Ancestral All Ancestral Roc (236 ml) Types Mil Ancestral Roc (236 ml) Types Type			Juices	8 oz (236 ml)	water:
S: DAILY All Ancestral Types Raw vegetables: 3-5X Cooked or steamed: 3-5X All Ancestral Types 3-5 oz (85-141 g) DAILY All Ancestral Types 3-4X DAILY All Ancestral Types 3-4X	grape, papaya		Types	8 oz (236 ml)	juices:
S: DAILY All Ancestral Types Raw vegetables: 3-5X Cooked or steamed: 3-5X DAILY All Ancestral Types 3-5 oz (85-1419) DAILY All Ancestral Types 3-4X DAILY All Ancestral Types 3-4X	black cherry, cranberry,	cestral	All An		portion:
ANCESTRAL TYPE All Ancestral Types Raw vegetables: 3-5× Cooked or steamed: 3-5× Daily All Ancestral Types 3-5 oz (85-141 g) Daily All Ancestral Types 3-4×	cabbage, carrot, celery,	-	DAILY		Juices
ANCESTRAL TYPE All Ancestral Types Raw vegetables: 3-5X Cooked or steamed: 3-5X Daily All Ancestral Types 3-5 oz (85-141 g) Daily All Ancestral Types 3-4X					
ANCESTRAL TYPE All Ancestral Types Raw vegetables: 3-5× Cooked or steamed: 3-5× Daily All Ancestral Types 3-5 oz (85-141 g) Daily All Ancestral Types 3-4×					
ANCESTRAL TYPE All Ancestral Types Raw vegetables: 3-5× Cooked or steamed: 3-5× Daily All Ancestral Types 3-5 oz (85-141 g) Daily All Ancestral Types 3-4×	red plums				
ANCESTRAL TYPE All Ancestral Types Raw vegetables: 3-5× Cooked or steamed: 3-5× Daily All Ancestral Types 3-5 oz (85-141 g) All Ancestral Types 3-4×	dark plums, green plums,				
ANCESTRAL TYPE All Ancestral Types Raw vegetables: 3-5X Cooked or steamed: 3-5X Daily All Ancestral Types 3-5 oz (85-141 g) All Ancestral Types 3-4X	loganberries, pineapples,				
S: DAILY All Ancestral Types Raw vegetables: 3-5X Cooked or steamed: 3-5X DAILY All Ancestral Types 3-5 oz (85-141 g) DAILY All Ancestral Types 3-4X	grapefruit, kiwi, lemons,				
S: DAILY All Ancestral Types Raw vegetables: 3-5X Cooked or steamed: 3-5X DAILY All Ancestral Types DAILY All Ancestral Types	green grapes, red grapes,	3-4X		or 3-5 oz (85-141 g)	
ANCESTRAL TYPE All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X Daily All Ancestral All Ancestral	gooseberries, black grapes,		Types		fruit
ANCESTRAL TYPE All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X Daily Daily	figs, fresh figs,	cestral	All And		portion:
ANCESTRAL TYPE All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X 3-5X	cherries, cranberries, dried		DAILY		FRUITS
ANCESTRAL TYPE All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X 3-5X			-	,	
ANCESTRAL TYPE All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X 3-5X					
ANCESTRAL TYPE All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X 3-5X					
ANCESTRAL TYPE All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X 3-5X					
ANCESTRAL TYPE All Ancestral Types Raw vegetables: 1 cup prepared Cooked or steamed: 3-5X 3-5X					
ANCESTRAL TYPE All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X 3-5X					
ANCESTRAL TYPE All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X 3-5X					
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s: DAILY All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X					
ANCESTRAL TYPE DAILY All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X					
S: DAILY All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X		mana And And Trace			
s: DAILY All Ancestral Types Raw vegetables: Cooked or steamed: 3-5X	tofu, all types yams	-			
S: DAILY All Ancestral Types Raw vegetables: Cooked or Steamed:	alfalfa sprouts, tempeh,	3-5X			
S: DAILY All Ancestral Types Raw vegetables: 1 cup prepared Cooked or ANCESTRAL TYPE Cooked or	parsnips, sweet potatoes,	ed:	steame		
s: DAILY All Ancestral Types Raw vegetables: 1 cup prepared 3-5x	mushrooms, parsley,	for	Cookea		
S: DAILY All Ancestral Types Raw vegetables:	greens, kale, maitake	3-5X		1 cup prepared	
S: DAILY All Ancestral Types	dandelion, garlic, spring	getables:	Raw ve	ä.	or steam
ANCESTRAL TYPE DAILY All Ancestral	celery, cucumber,		Types	ed,	aw, cook
DAILY	beets, broccoli, cauliflower,	estral	All Anc		portion:
ANCESTRAL TYPE	aubergine, beet leaves,		DAILY	E S:	/EGETAE
ANCESTRAL TYPE					
	HIGHLY BENEFICIAL	FRAL TYPE	ANCEST	3	Portio

chestnuts, watercress

currants, dates, elderberries, kumquat,

prickly pears, rhubarb, starfruit oranges, persimmons, pomegranates, bananas, coconuts, guava, mangoes,

(carambola)

musk melon, Spanish melon, water-

Crenshaw melon, honeydew melon, melon, casaba melon, Christmas melon, limes, canang melon, cantaloupe

berries, strawberries, tangerines pears, plantains, prunes, raisins, raspmelon, nectarines, papayas, peaches,

grapefruit, pineapple, prune, water apple, apple cider, apricot, cucumber,

orange

with lemon, vegetable juice (corre-

sponding with highlighted vegetables)

apples, apricots, blackberries, blue-

berries, boysenberries, black & red

Swiss chard, tomato, turnips, water Brussels sprouts, all types squash, weed, shallots, mange tout, spinach, (turnip tops), rutabaga, scallion, seayellow onions, red potatoes, white

potatoes, pumpkin, radicchio, rappini

rs, red olives, yellow artines,

MISC. BEVERAGES:	HERBAL TEAS:	CONDIMENTS:		SPICES:	FOOD GROUP Partien
					FREQUENCY BY ANCESTRAL TYPE
regular coffee, decaf coffee, green tea	alfalfa, burdock, chamomile, echinacea, ginger, ginseng, green tea, hawthorn, liquorice root, rose hip, strawberry leaf	none	parsiey	curry, garlic, horseradish, miso,	HIGHLY BENEFICIAL

thyme, turmeric, vanilla, wintergreen,	sugar, tamari, tamarind, tarragon,	sauce, spearmint, brown sugar, white	mary, saffron, sage, salt, savory, soy	prika, peppermint, rice syrup, rose-	molasses, dry mustard, nutmeg, pa-	kelp, maple syrup, marjoram, mint,	of tartar, cumin, dill, dulse, honey,	mon, clove, coriander (cilantro), cream	carob, chervil, chive, chocolate, cinna-	amot, brown-rice syrup, cardamom,	agar, arrowroot, basil, bay leaf, berg	NEUTRAL
						oca, white vinegar	red flakes pepper, white pepper, tapi-	eam cayenne pepper, peppercorn pepper.	na- plain gelatine, ground black pepper,		9.13	Avoip

ketchup, dill pickles, kosher pickles, sweet pickles, sour pickles, relish, Worcestershire sauce

jam & jelly (from acceptable fruits),

mayonnaise, mustard, salad dressing

(low-fat from acceptable ingredients)

angelica root, catnip, cayenne, chick-

weed, dandelion, elder, goldenseal, horehound, mulberry, parsley, pepper-

spearmint, thyme, valerian, vervain,

white birch, white oak bark, yarrow,

yellow dock

mint, raspberry leaf, sage, St John's

wort, sarsaparilla, slippery elm,

apple cider vinegar, balsamic vinegar,

red wine vinegar

aloe, coltsfoot, corn silk, fenugreek, gentian, hops, linden, mullein, red clover, rhubarb, senna, shepherd's purse, skullcap

distilled liquor, cola soda, diet soda, other soda, black decaf tea, black regular tea

beer, seltzer water, red wine, white