

WHAT TO EAT WITH WHAT

The Complete Food-By-Food Guide
For Properly Combining Every Type Of
Food For Pain-Free High Energy Living

What To Eat With What is an extensive guide as to exactly what you can eat with each of your favorite foods to stay pain-free.

In the manual "*How To End Stomach Pain Forever, Even If Your MD Says, 'No Way!'*" you received a lot of great information about food combining and why it works. That manual has a chart distinguishing the A (high water content), B (starches) and C (concentrated proteins) food groups. I encourage you to keep that chart on your kitchen counter at all times as a handy reference to use when you're cooking.

In addition, attached to the back of the Great Taste No Pain cookbook is the convenient Pocket Guide For Pain-Free Dining Out to help keep your choices properly combined (and keep you pain-free), no matter where you are! If you haven't done so already, be sure to remove the guide from the back portion of the cookbook and put it in your purse or wallet.

This special report is an expanded version of the summarized food guide you received in "*How To End Stomach Pain Forever, Even If Your MD Says, 'No Way!'*". It spells out in clear language exactly what you can eat with each of your favorite foods, and what you can't have. So there's absolutely no guesswork involved and no chance of ever making a mistake. With this guide you will be able to, without fail, make proper decisions about combining every single meal to avoid pain and say goodbye to your digestive difficulties forever.

Here's to eating great and feeling great.

Enjoy!

Sherry Brescia

Beef (includes corned beef, deli roast beef, filet mignon, hamburger, hot dogs, liver, pot roast, prime rib, rib roast, rump roast, short ribs, steak, stew meat, tenderloin and veal)

You can eat beef with:

Artichokes
Asparagus
Avocado
Bok choy
Broccoli
Brussels sprouts
Cabbage (all types)
Cauliflower
Celery
Cucumbers
Eggplant
Garlic
Green beans
Greens (escarole, endive, Swiss chard, kale, mustard greens, collard greens, etc.)
Herbs, fresh (all types)
Ketchup
Leafy greens (all types--see Greens above)
Lettuce (all types)
Mayonnaise
Mushrooms
Nuts (raw)
Olives (all types)
Okra
Onions
Parsley
Peppers
Pickles
Radishes
Rhubarb
Salad, Caesar
Salad, Spinach
Salad, Tossed
Sauce, spaghetti
Seeds (all types)
Spices (all types)
Spinach
Sprouts (all types)
Summer squash--green and yellow
Tomatoes
Wax beans
Yellow squash
Zucchini (green squash)

Also acceptable, but not ideal:

Cheese
Dairy products
Eggs
Other meats
Sour cream

You should NOT eat beef with:

Applesauce
Bagels
Beans (all types except green or wax)
Beets
Bread (all varieties)
Breading on meat of any type (bread crumbs, cornflake crumbs, cracker crumbs, etc.)
Breaded vegetables of any type (including tempura, fried onion rings, etc.)
Bulgur wheat
Carrots
Chips (corn and potato)
Corn
Corn meal
Crackers
Cranberry sauce
Croutons
Fruit (all varieties)
Grains (all varieties)
Gravy
Grits
Kasha
Legumes
Lentils (red and green)
Macaroni
Noodles
Parsnips
Pasta
Peas and pea pods
Polenta
Potatoes (all types)
Processed foods (including boxed side dishes)
Quinoa
Rice (all types)
Rice cakes
Rolls
Rutabaga
Salad, Macaroni
Salad, Potato
Squash (butternut, acorn, spaghetti, hubbard)
Stuffing
Sweet potatoes
Tortilla shells/wraps
Turnips
Water chestnuts
Winter squash (all types)
Yams

Pork (includes bacon, canadian bacon, chops, crown roast, deli ham, frankfurters, ham, hot dogs, ribs, roast, sausage, spareribs and tenderloin)

You can eat pork with:

You should NOT eat pork with:

Artichokes
Asparagus
Avocado
Bok choy
Broccoli
Brussels sprouts
Cabbage (all types)
Cauliflower
Celery
Cucumbers
Eggplant
Garlic
Green beans
Greens (escarole, endive, Swiss chard, kale, mustard greens, collard greens, etc.)
Herbs, fresh (all types)
Ketchup
Leafy greens (all types--see Greens above)
Lettuce (all types)
Mayonnaise
Mushrooms
Nuts (raw)
Olives (all types)
Okra
Onions
Parsley
Peppers
Pickles
Radishes
Rhubarb
Salad, Caesar
Salad, Spinach
Salad, Tossed
Sauce, spaghetti
Seeds (all types)
Spices (all types)
Spinach
Sprouts (all types)
Summer squash--green and yellow
Tomatoes
Wax beans
Yellow squash
Zucchini (green squash)

Also acceptable, but not ideal:

Cheese
Dairy products
Eggs
Other meats
Sour cream

Applesauce
Bagels
Beans (all types except green or wax)
Beets
Bread (all varieties)
Breading on meat of any type (bread crumbs, cornflake crumbs, cracker crumbs, etc.)
Breaded vegetables of any type (including tempura, fried onion rings, etc.)
Bulgur wheat
Carrots
Chips (corn and potato)
Corn
Corn meal
Crackers
Cranberry sauce
Croutons
Fruit (all varieties)
Grains (all varieties)
Gravy
Grits
Kasha
Legumes
Lentils (red and green)
Macaroni
Noodles
Parsnips
Pasta
Peas and pea pods
Polenta
Potatoes (all types)
Processed foods (including boxed side dishes)
Quinoa
Rice (all types)
Rice cakes
Rolls
Rutabaga
Salad, Macaroni
Salad, Potato
Squash (butternut, acorn, spaghetti, hubbard)
Stuffing
Sweet potatoes
Tortilla shells/wraps
Turnips
Water chestnuts
Winter squash (all types)
Yams

Variety Meats (includes brain, cold cuts, coneys, gizzards, heart, hot dogs, kidney, lamb, liver, luncheon meat, rabbit, sweetbreads, tongue, venison and wild game)

You can eat variety meats with:

You should NOT eat variety meats with:

Artichokes
Asparagus
Avocado
Bok choy
Broccoli
Brussels sprouts
Cabbage (all types)
Cauliflower
Celery
Cucumbers
Eggplant
Garlic
Green beans
Greens (escarole, endive, Swiss chard, kale, mustard greens, collard greens, etc.)
Herbs, fresh (all types)
Ketchup
Leafy greens (all types--see Greens above)
Lettuce (all types)
Mayonnaise
Mushrooms
Nuts (raw)
Olives (all types)
Okra
Onions
Parsley
Peppers
Pickles
Radishes
Rhubarb
Salad, Caesar
Salad, Spinach
Salad, Tossed
Sauce, spaghetti
Seeds (all types)
Spices (all types)
Spinach
Sprouts (all types)
Summer squash--green and yellow
Tomatoes
Wax beans
Yellow squash
Zucchini (green squash)

Also acceptable, but not ideal:

Cheese
Dairy products
Eggs
Other meats
Sour cream

Applesauce
Bagels
Beans (all types except green or wax)
Beets
Bread (all varieties)
Breading on meat of any type (bread crumbs, cornflake crumbs, cracker crumbs, etc.)
Breaded vegetables of any type (including tempura, fried onion rings, etc.)
Bulgur wheat
Carrots
Chips (corn and potato)
Corn
Corn meal
Crackers
Cranberry sauce
Croutons
Fruit (all varieties)
Grains (all varieties)
Gravy
Grits
Kasha
Legumes
Lentils (red and green)
Macaroni
Noodles
Parsnips
Pasta
Peas and pea pods
Polenta
Potatoes (all types)
Processed foods (including boxed side dishes)
Quinoa
Rice (all types)
Rice cakes
Rolls
Rutabaga
Salad, Macaroni
Salad, Potato
Squash (butternut, acorn, spaghetti, hubbard)
Stuffing
Sweet potatoes
Tortilla shells/wraps
Turnips
Water chestnuts
Winter squash (all types)
Yams

Poultry (includes chicken, chicken gizzards, chicken liver, cornish hens, duck, goose, partridge, pheasant, turkey and wild birds)

You can eat poultry with:

You should NOT eat poultry with:

Artichokes
Asparagus
Avocado
Bok choy
Broccoli
Brussels sprouts
Cabbage (all types)
Cauliflower
Celery
Cucumbers
Eggplant
Garlic
Green beans
Greens (escarole, endive, Swiss chard, kale, mustard greens, collard greens, etc.)
Herbs, fresh (all types)
Ketchup
Leafy greens (all types--see Greens above)
Lettuce (all types)
Mayonnaise
Mushrooms
Nuts (raw)
Olives (all types)
Okra
Onions
Parsley
Peppers
Pickles
Radishes
Rhubarb
Salad, Caesar
Salad, Spinach
Salad, Tossed
Sauce, spaghetti
Seeds (all types)
Spices (all types)
Spinach
Sprouts (all types)
Summer squash--green and yellow
Tomatoes
Wax beans
Yellow squash
Zucchini (green squash)

Also acceptable, but not ideal:

Cheese
Dairy products
Eggs
Other meats
Sour cream

Applesauce
Bagels
Beans (all types except green or wax)
Beets
Bread (all varieties)
Breading on meat of any type (bread crumbs, cornflake crumbs, cracker crumbs, etc.)
Breaded vegetables of any type (including tempura, fried onion rings, etc.)
Bulgur wheat
Carrots
Chips (corn and potato)
Corn
Corn meal
Crackers
Cranberry sauce
Croutons
Fruit (all varieties)
Grains (all varieties)
Gravy
Grits
Kasha
Legumes
Lentils (red and green)
Macaroni
Noodles
Parsnips
Pasta
Peas and pea pods
Polenta
Potatoes (all types)
Processed foods (including boxed side dishes)
Quinoa
Rice (all types)
Rice cakes
Rolls
Rutabaga
Salad, Macaroni
Salad, Potato
Squash (butternut, acorn, spaghetti, hubbard)
Stuffing
Sweet potatoes
Tortilla shells/wraps
Turnips
Water chestnuts
Winter squash (all types)
Yams

Fish (includes all varieties of fresh and salt water fish, clams, crab, lobster, mussels, scallops, seafood salad, shellfish, shrimp and tuna-fresh and canned)

You can eat fish with:

You should NOT eat fish with:

Artichokes
Asparagus
Avocado
Bok choy
Broccoli
Brussels sprouts
Cabbage (all types)
Cauliflower
Celery
Cucumbers
Eggplant
Garlic
Green beans
Greens (escarole, endive, Swiss chard, kale, mustard greens, collard greens, etc.)
Herbs, fresh (all types)
Ketchup
Leafy greens (all types--see Greens above)
Lettuce (all types)
Mayonnaise
Mushrooms
Nuts (raw)
Olives (all types)
Okra
Onions
Parsley
Peppers
Pickles
Radishes
Rhubarb
Salad, Caesar
Salad, Spinach
Salad, Tossed
Sauce, spaghetti
Seeds (all types)
Spices (all types)
Spinach
Sprouts (all types)
Summer squash--green and yellow
Tomatoes
Wax beans
Yellow squash
Zucchini (green squash)

Also acceptable, but not ideal:

Cheese
Dairy products
Eggs
Other meats
Sour cream

Applesauce
Bagels
Beans (all types except green or wax)
Beets
Bread (all varieties)
Breading on meat of any type (bread crumbs, cornflake crumbs, cracker crumbs, etc.)
Breaded vegetables of any type (including tempura, fried onion rings, etc.)
Bulgur wheat
Carrots
Chips (corn and potato)
Corn
Corn meal
Crackers
Cranberry sauce
Croutons
Fruit (all varieties)
Grains (all varieties)
Gravy
Grits
Kasha
Legumes
Lentils (red and green)
Macaroni
Noodles
Parsnips
Pasta
Peas and pea pods
Polenta
Potatoes (all types)
Processed foods (including boxed side dishes)
Quinoa
Rice (all types)
Rice cakes
Rolls
Rutabaga
Salad, Macaroni
Salad, Potato
Squash (butternut, acorn, spaghetti, hubbard)
Stuffing
Sweet potatoes
Tortilla shells/wraps
Turnips
Water chestnuts
Winter squash (all types)
Yams

Pasta (includes couscous and all varieties of macaroni, noodles, orzo, pasta, pastina and spaghetti)

You can eat pasta with:

You should NOT eat pasta with:

Artichokes
Asparagus
Avocado
Bagels
Beans (all types)
Beets
Bok choy
Bread (all varieties)
Breaded vegetables of any type
(including tempura, fried onion rings, etc.)
Broccoli
Brussels sprouts
Bulgur wheat
Butter (use sparingly)
Cabbage (all types)
Carrots
Cauliflower
Celery
Chips (corn and potato)
Corn
Corn meal
Crackers
Croutons
Cucumbers
Eggplant
Garlic
Grains (all types)
Gravy (vegetable based only)
Green beans
Greens (escarole, endive, Swiss chard,
kale, mustard greens, collard greens, etc.)
Grits
Herbs, fresh (all types)
Kasha
Ketchup
Leafy greens (all types--see Greens above)
Legumes
Lentils (red and green)
Lettuce (all types)
Mayonnaise
Mushrooms
Mustard
Nuts (raw)
Oils (canola, olive)
Okra
Olives (all types)
Onions
Parsley
Parsnips
Pasta
Peas and pea pods
Peppers
Pickles
Polenta
Potatoes (all types)

Applesauce
Bacon
Beef
Cheese (except a small amount as a condiment)
Chicken
Clams
Cold cuts
Cranberry sauce
Dairy products
Deli meat
Duck
Eggs
Fish
Fruit (all varieties)
Goose
Gravy (meat based)
Hamburger
Hot dogs
Lamb
Lobster
Luncheon meat
Meat (all types)
Meatballs
Pork
Poultry
Processed foods (including boxed side dishes)
Sandwich meat
Sauce, alfredo
Sauce, cream
Sausage
Scallops
Seafood
Shellfish
Shrimp
Sour cream
Tuna
Turkey
Veal
Venison
Wild birds
Wild game

Pasta continued

You can eat pasta with:

You should NOT eat pasta with:

Quinoa
Radishes
Rhubarb
Rice (all types)
Rice cakes
Rolls
Rutabaga
Salad, Caesar
Salad, Macaroni
Salad, Potato
Salad, Spinach
Salad, Tossed
Sauce, spaghetti
Sauerkraut
Seeds (all types)
Spices (all types)
Spinach
Sprouts (all types)
Squash (butternut, acorn, spaghetti, hubbard)
Stuffing
Summer squash--green and yellow
Sweet potatoes
Tomatoes
Tortilla shells/wraps
Turnips
Water chestnuts
Wax beans
Winter squash (all types)
Yams
Yellow squash
Zucchini (green squash)

Grains (includes barley, buckwheat, bulgur wheat, cereal, corn, cornmeal, grits, kasha, millet, oats, polenta, quinoa and rice)

You can eat grains with:

You should NOT eat grains with:

Artichokes
Asparagus
Avocado
Bagels
Beans (all types)
Beets
Bok choy
Bread (all varieties)
Breaded vegetables of any type
(including tempura, fried onion rings, etc.)
Broccoli
Brussels sprouts
Bulgur wheat
Butter (use sparingly)
Cabbage (all types)
Carrots
Cauliflower
Celery
Chips (corn and potato)
Corn
Corn meal
Crackers
Croutons
Cucumbers
Eggplant
Garlic
Grains (all types)
Gravy (vegetable based only)
Green beans
Greens (escarole, endive, Swiss chard,
kale, mustard greens, collard greens, etc.)
Grits
Herbs, fresh (all types)
Kasha
Ketchup
Leafy greens (all types--see Greens above)
Legumes
Lentils (red and green)
Lettuce (all types)
Mayonnaise
Mushrooms
Mustard
Nuts (raw)
Oils (canola, olive)
Okra
Olives (all types)
Onions
Parsley
Parsnips
Pasta
Peas and pea pods
Peppers
Pickles
Polenta
Potatoes (all types)

Applesauce
Bacon
Beef
Cheese (except a small amount as a condiment)
Chicken
Clams
Cold cuts
Cranberry sauce
Dairy products
Deli meat
Duck
Eggs
Fish
Fruit (all varieties)
Goose
Gravy (meat based)
Hamburger
Hot dogs
Lamb
Lobster
Luncheon meat
Meat (all types)
Meatballs
Pork
Poultry
Processed foods (including boxed side dishes)
Sandwich meat
Sauce, alfredo
Sauce, cream
Sausage
Scallops
Seafood
Shellfish
Shrimp
Sour cream
Tuna
Turkey
Veal
Venison
Wild birds
Wild game

Grains continued

You can eat grains with:

You should NOT eat grains with:

Quinoa
Radishes
Rhubarb
Rice (all types)
Rice cakes
Rolls
Rutabaga
Salad, Caesar
Salad, Macaroni
Salad, Potato
Salad, Spinach
Salad, Tossed
Sauce, spaghetti
Sauerkraut
Seeds (all types)
Spices (all types)
Spinach
Sprouts (all types)
Squash (butternut, acorn, spaghetti, hubbard)
Stuffing
Summer squash--green and yellow
Sweet potatoes
Tomatoes
Tortilla shells/wraps
Turnips
Water chestnuts
Wax beans
Winter squash (all types)
Yams
Yellow squash
Zucchini (green squash)

Bread (includes bagels, all varieties of breads, bread crumbs, bread sticks, buns, crackers, cracker crumbs, croutons, English Muffins, muffins, pitas, popovers, rolls, stuffing & tortilla wraps)

You can eat bread with:

You should NOT eat bread with:

Artichokes
Asparagus
Avocado
Bagels
Beans (all types)
Beets
Bok choy
Bread (all varieties)
Breaded vegetables of any type
(including tempura, fried onion rings, etc.)
Broccoli
Brussels sprouts
Bulgur wheat
Butter (use sparingly)
Cabbage (all types)
Carrots
Cauliflower
Celery
Chips (corn and potato)
Corn
Corn meal
Crackers
Croutons
Cucumbers
Eggplant
Garlic
Grains (all types)
Gravy (vegetable based only)
Green beans
Greens (escarole, endive, Swiss chard,
kale, mustard greens, collard greens, etc.)
Grits
Herbs, fresh (all types)
Kasha
Ketchup
Leafy greens (all types--see Greens above)
Legumes
Lentils (red and green)
Lettuce (all types)
Mayonnaise
Mushrooms
Mustard
Nuts (raw)
Oils (canola, olive)
Okra
Olives (all types)
Onions
Parsley
Parsnips
Pasta
Peas and pea pods
Peppers
Pickles
Polenta
Potatoes (all types)

Applesauce
Bacon
Beef
Cheese (except a small amount as a condiment)
Chicken
Clams
Cold cuts
Cranberry sauce
Dairy products
Deli meat
Duck
Eggs
Fish
Fruit (all varieties)
Goose
Gravy (meat based)
Hamburger
Hot dogs
Lamb
Lobster
Luncheon meat
Meat (all types)
Meatballs
Pork
Poultry
Processed foods (including boxed side dishes)
Sandwich meat
Sauce, alfredo
Sauce, cream
Sausage
Scallops
Seafood
Shellfish
Shrimp
Sour cream
Tuna
Turkey
Veal
Venison
Wild birds
Wild game

Bread continued

You can eat bread with:

You should NOT eat bread with:

Quinoa
Radishes
Rhubarb
Rice (all types)
Rice cakes
Rolls
Rutabaga
Salad, Caesar
Salad, Macaroni
Salad, Potato
Salad, Spinach
Salad, Tossed
Sauce, spaghetti
Sauerkraut
Seeds (all types)
Spices (all types)
Spinach
Sprouts (all types)
Squash (butternut, acorn, spaghetti, hubbard)
Stuffing
Summer squash--green and yellow
Sweet potatoes
Tomatoes
Tortilla shells/wraps
Turnips
Water chestnuts
Wax beans
Winter squash (all types)
Yams
Yellow squash
Zucchini (green squash)

Salads, green (includes Caesar salad, spinach salad and tossed salads made with any variety of lettuce and raw non-starchy vegetables)

Choose foods from **Column 1**, plus foods from **EITHER Column 2 OR Column 3**, but **NOT BOTH**

Column 1	Column 2	Column 3
Artichokes	Beans (all types except green or waxed)	Bacon
Asparagus	Beets	Beef
Avocado	Bread (all varieties)	Cheese
Bok choy	Breaded vegetables of any type	Chicken
Broccoli	(incl. tempura, fried onion rings, etc.)	Clams
Brussels sprouts	Bulgur wheat	Cold cuts
Butter	Carrots	Cranberry sauce
Cabbage (all types)	Chips (corn and potato)	Dairy products
Cauliflower	Corn	Deli meat
Celery	Corn meal	Duck
Cucumbers	Grains (all types)	Eggs
Eggplant	Gravy (vegetable based)	Fish
Garlic	Grits	Goose
Green beans	Kasha	Gravy (meat based)
Greens (escarole, endive, Swiss chard, kale, mustard greens, collard greens, etc.)	Legumes	Hamburger
Herbs fresh (all types)	Lentils (red and green)	Hot dogs
Ketchup	Macaroni	Lamb
Leafy greens (all types-see Greens above)	Noodles	Lobster
Lettuce (all types)	Parsnips	Luncheon meat
Mayonnaise	Pasta	Meat (all types)
Mushrooms	Peas and pea pods	Meatballs
Mustard	Polenta	Pork
Nuts, raw	Potatoes (all types)	Poultry
Oils (canola, olive)	Quinoa	Sandwich meat
Okra	Rice (all types)	Sauce, alfredo
Olives (all types)	Rice cakes	Sour cream
Onions	Rutabaga	Tuna
Parsley	Salad, Macaroni	Turkey
Peppers	Salad, Potato	Veal
Pickles	Squash (butternut, acorn, spaghetti, hubbard)	Venison
Radishes	Sweet potatoes	Wild birds
Rhubarb	Turnips	Wild game
Salad, Caesar	Water chestnuts	
Salad, Spinach	Winter squash (all types)	
Salad, Tossed	Yams	
Sauce, spaghetti		
Sauerkraut		
Seeds (all types)		
Spices (all types)		
Spinach		
Sprouts (all types)		
Summer squash—green and yellow		
Tomatoes		
Wax beans		
Yellow squash		
Zucchini		

Fruit (includes all varieties and all fruit juices)

You can eat fruit with:

Fruit (all varieties)

Fruit juice

Do not eat fruit with:

Anything else but fruit or fruit juice!

After eating any other type of food, wait at least 3 hours before eating any type of fruit or fruit juice

Potatoes (includes baking, golden, new, red, sweet, white, yams and yellow)

You can eat potatoes with:

Artichokes
Asparagus
Avocado
Bagels
Beans (all types)
Beets
Bok choy
Bread (all varieties)
Breaded vegetables of any type
(including tempura, fried onion rings, etc.)
Broccoli
Brussels sprouts
Bulgur wheat
Butter (use sparingly)
Cabbage (all types)
Carrots
Cauliflower
Celery
Chips (corn and potato)
Corn
Corn meal
Crackers
Croutons
Cucumbers
Eggplant
Garlic
Grains (all types)
Gravy (vegetable based only)
Green beans
Greens (escarole, endive, Swiss chard,
kale, mustard greens, collard greens, etc.)
Grits
Herbs, fresh (all types)
Kasha
Ketchup
Leafy greens (all types--see Greens above)
Legumes
Lentils (red and green)
Lettuce (all types)
Mayonnaise
Mushrooms
Mustard
Nuts (raw)
Oils (canola, olive)
Okra
Olives (all types)
Onions
Parsley
Parsnips
Pasta
Peas and pea pods
Peppers
Pickles
Polenta
Potatoes (all types)

You should NOT eat potatoes with:

Applesauce
Bacon
Beef
Cheese (except a small amount as a condiment)
Chicken
Clams
Cold cuts
Cranberry sauce
Dairy products
Deli meat
Duck
Eggs
Fish
Fruit (all varieties)
Goose
Gravy (meat based)
Hamburger
Hot dogs
Lamb
Lobster
Luncheon meat
Meat (all types)
Meatballs
Pork
Poultry
Processed foods (including boxed side dishes)
Sandwich meat
Sauce, alfredo
Sauce, cream
Sausage
Scallops
Seafood
Shellfish
Shrimp
Sour cream
Tuna
Turkey
Veal
Venison
Wild birds
Wild game

Potatoes continued

You can eat potatoes with:

You should NOT eat potatoes with:

Quinoa
Radishes
Rhubarb
Rice (all types)
Rice cakes
Rolls
Rutabaga
Salad, Caesar
Salad, Macaroni
Salad, Potato
Salad, Spinach
Salad, Tossed
Sauce, spaghetti
Sauerkraut
Seeds (all types)
Spices (all types)
Spinach
Sprouts (all types)
Squash (butternut, acorn, spaghetti, hubbard)
Stuffing
Summer squash--green and yellow
Sweet potatoes
Tomatoes
Tortilla shells/wraps
Turnips
Water chestnuts
Wax beans
Winter squash (all types)
Yams
Yellow squash
Zucchini (green squash)

Dairy (includes cheese, cottage cheese, cream, cream cheese, eggs, half-and-half, ice cream, milk, sour cream, yogurt)

You can eat dairy with:

You should NOT eat dairy with:

Artichokes
Asparagus
Avocado
Bok choy
Broccoli
Brussels sprouts
Cabbage (all types)
Cauliflower
Celery
Cucumbers
Eggplant
Garlic
Green beans
Greens (escarole, endive, Swiss chard, kale, mustard greens, collard greens, etc.)
Herbs, fresh (all types)
Ketchup
Leafy greens (all types--see Greens above)
Lettuce (all types)
Mayonnaise
Mushrooms
Nuts (raw)
Olives (all types)
Okra
Onions
Parsley
Peppers
Pickles
Radishes
Rhubarb
Salad, Caesar
Salad, Spinach
Salad, Tossed
Sauce, spaghetti
Seeds (all types)
Spices (all types)
Spinach
Sprouts (all types)
Summer squash--green and yellow
Tomatoes
Wax beans
Yellow squash
Zucchini (green squash)

Also acceptable, but not ideal:

Beef
Fish
Meat
Pork
Poultry
Variety Meats

Applesauce
Bagels
Beans (all types except green or wax)
Beets
Bread (all varieties)
Breading on meat of any type (bread crumbs, cornflake crumbs, cracker crumbs, etc.)
Breaded vegetables of any type (including tempura, fried onion rings, etc.)
Bulgur wheat
Carrots
Chips (corn and potato)
Corn
Corn meal
Crackers
Cranberry sauce
Croutons
Fruit (all varieties)
Grains
Gravy
Grits
Kasha
Legumes
Lentils (red and green)
Macaroni
Noodles
Parsnips
Pasta
Peas and pea pods
Polenta
Potatoes (all types)
Processed foods (including boxed side dishes)
Quinoa
Rice (all types)
Rice cakes
Rolls
Rutabaga
Salad, Macaroni
Salad, Potato
Squash (butternut, acorn, spaghetti, hubbard)
Stuffing
Sweet potatoes
Tortilla shells/wraps
Turnips
Water chestnuts
Winter squash (all types)
Yams

Vegetables, non-starchy (includes artichokes, asparagus, bok choy, broccoli, brussels sprouts, cabbage-all types, cauliflower, celery, cucumbers, eggplant, garlic, green beans, greens-all types, herbs, leafy greens, lettuce-all types, mushrooms, okra, onions, parsley, peppers, radishes, rhubarb, spinach, sprouts, summer squash, tomatoes, wax beans, yellow squash, zucchini)

Choose foods from Column 1, plus foods from EITHER Column 2 OR Column 3, but NOT BOTH

Column 1	Column 2	Column 3
Artichokes	Beans (all types except green or waxed)	Bacon
Asparagus	Beets	Beef
Avocado	Bread (all varieties)	Cheese
Bok choy	Breaded vegetables of any type	Chicken
Broccoli	(including tempura, fried onion rings, etc.)	Clams
Brussels sprouts	Bulgur wheat	Cold cuts
Butter	Carrots	Cranberry sauce
Cabbage (all types)	Chips (corn and potato)	Dairy products
Cauliflower	Corn	Deli meat
Celery	Corn meal	Duck
Cucumbers	Grains (all types)	Eggs
Eggplant	Gravy (vegetable based)	Fish
Garlic	Grits	Goose
Green beans	Kasha	Gravy (meat based)
Greens (escarole, endive, Swiss chard, kale, mustard greens, collard greens, etc.)	Legumes	Hamburger
Herbs fresh (all types)	Lentils (red and green)	Hot dogs
Ketchup	Macaroni	Lamb
Leafy greens (all types-see Greens above)	Noodles	Lobster
Lettuce (all types)	Parsnips	Luncheon meat
Mayonnaise	Pasta	Meat (all types)
Mushrooms	Peas and pea pods	Meatballs
Mustard	Polenta	Pork
Nuts, raw	Potatoes (all types)	Poultry
Oils (canola, olive)	Quinoa	Sandwich meat
Okra	Rice (all types)	Sauce, alfredo
Olives (all types)	Rice cakes	Sour cream
Onions	Rutabaga	Tuna
Parsley	Salad, Macaroni	Turkey
Peppers	Salad, Potato	Veal
Pickles	Squash (butternut, acorn, spaghetti, hubbard)	Venison
Radishes	Sweet potatoes	Wild birds
Rhubarb	Turnips	Wild game
Salad, Caesar	Water chestnuts	
Salad, Spinach	Winter squash (all types)	
Salad, Tossed	Yams	
Sauce, spaghetti		
Sauerkraut		
Seeds (all types)		
Spices (all types)		
Spinach		
Sprouts (all types)		
Summer squash—green and yellow		
Tomatoes		
Wax beans		
Yellow squash		
Zucchini		

Vegetables, starchy (includes beans-except green or wax, beets, carrots, corn, parsnips, peas and pea pods, potatoes-all types, rutabaga, squash-butternut, acorn, spaghetti and hubbard, squash, winter (all types), sweet potatoes, turnips, water chestnuts, winter squash, yams)

You can eat starchy vegetables with:

You should NOT eat starchy vegetables with:

Artichokes
Asparagus
Avocado
Beans (all types)
Beets
Bok choy
Bread (all varieties)
Breaded vegetables of any type
(including tempura, fried onion rings, etc.)
Broccoli
Brussels sprouts
Bulgur wheat
Butter (use sparingly)
Cabbage (all types)
Carrots
Cauliflower
Celery
Chips (corn and potato)
Corn
Corn meal
Crackers
Croutons
Cucumbers
Eggplant
Garlic
Grains (all types)
Gravy (vegetable based only)
Green beans
Greens (escarole, endive, Swiss chard,
kale, mustard greens, collard greens, etc.)
Grits
Herbs, fresh (all types)
Kasha
Ketchup
Leafy greens (all types--see Greens above)
Legumes
Lentils (red and green)
Lettuce (all types)
Macaroni
Mayonnaise
Mushrooms
Mustard
Noodles
Nuts (raw)
Oils (canola, olive)
Okra
Olives (all types)
Onions
Parsley
Parsnips
Pasta
Peas and pea pods
Peppers
Pickles
Polenta

Applesauce
Bacon
Beef
Cheese (except a sprinkling as a condiment)
Chicken
Clams
Cold cuts
Cranberry sauce
Dairy products
Deli meat
Duck
Eggs
Fish
Fruit (all varieties)
Goose
Gravy (meat based)
Hamburger
Hot dogs
Lamb
Lobster
Luncheon meat
Meat (all types)
Meatballs
Pork
Poultry
Processed foods (including boxed side dishes)
Sandwich meat
Sauce, alfredo
Sauce, cream
Sausage
Scallops
Seafood
Shellfish
Shrimp
Sour cream
Tuna
Turkey
Veal
Venison
Wild birds
Wild game

Vegetables, starchy continued

You can eat starchy vegetables with:

You should NOT eat starchy vegetables with:

Potatoes (all types)
Quinoa
Radishes
Rhubarb
Rice (all types)
Rice cakes
Rolls
Rutabaga
Salad, Caesar
Salad, Macaroni
Salad, Potato
Salad, Spinach
Salad, Tossed
Sauce, spaghetti
Sauerkraut
Seeds (all types)
Spices (all types)
Spinach
Sprouts (all types)
Squash (butternut, acorn, spaghetti, hubbard)
Squash, winter (all types)
Stuffing
Summer squash--green and yellow
Sweet potatoes
Tomatoes
Tortilla shells/wraps
Turnips
Water chestnuts
Wax beans
Winter squash (all types)
Yams
Yellow squash
Zucchini (green squash)