

**Eating Guidelines for Alan Tanaka**  
 Recommended by Don Erickson, MD  
 Created Sunday, March 23, 2003

**Bold = Ideal** (eat ideal foods at every meal)  
**Black = Neutral** (ok, but emphasize "Ideal" foods)

*Italics = Caution*(eat rarely or only for variety)  
~~Strikethrough = Avoid~~(don't eat these foods)

Meats	Poultry	Seafood			Legumes		Beverages	
Beef	Chicken (dark meat)	Abalone	Herring	Sardine	Black Beans	Azuki-Beans	Tea (green)	Oat-Milk
Buffalo	Chicken (white meat)	Anchovy	Lobster	Scallop	Black-eyed Peas	Pink-Beans	Tea (herbal)	Soft Drinks-(colas)
Elk	Turkey (dark meat)	Bass (freshwater)	Mackerel	Shark	Fava Beans	Pinto-Beans	Vegetable Juices	Soy-Milk
Heart (beef)	Turkey (white meat)	Bass-(sea)	Mahi-mahi	Shrimp	Garbanzo Beans	Soy-Beans	Water (distilled)	Tea-(black)
Kidney (beef)	Cornish Hen	Catfish	Mussels	Snapper	Great Northern Beans	Tofu	Water (pure, bottled)	Water-(carbonated)
Lamb	Duck	Caviar	Octopus	Squid	Green Beans	White-Beans	Almond Milk	Water-(tap)
Liver (beef)	Pheasant	Clams	Oysters	Swordfish	Green Peas		Rice Milk	Wine-(red)
Pork (bacon)	Goose	God	Perch	Trout	Lentils		Beer	Wine-(white)
Pork (ham, chops)	Quail	Crab	Pompano	Tuna	Lima Beans		Coffee (caffeinated)	
Rabbit		Crayfish	Rockfish	Whitefish	Mung Beans		Coffee (decaf)	
Venison		Grouper	Roughy		Navy Beans		Fruit Juices	
		Halibut	Salmon		Red Beans		Liquor	

Dairy and Eggs		Nuts and Seeds	Grains	Greens	Vegetables		Sea Vegetables
Eggs, Duck (whole)	Ice Cream	Sesame Seeds	Rice (brown)	Arugula	Artichoke	Turnip	Agar
Eggs, Chicken (whites)	Milk (2%)	Almonds	Spelt	Cilantro	Bok Choy	Zucchini	Irish Moss
Eggs, Chicken (yolks)	Milk-(skim)	Brazil-Nuts	Wild Rice	Collard Greens	Broccoli	Corn	Kelp
Blue-Cheese	Milk (whole)	Cashews	Rice (basmati)	Dandelion Greens	Brussels Sprout	Cucumber	Laver
Brie	Monterey-Jack	Chestnuts	Rice (plain, white)	Kale	Cabbage	Daikon	Wakame
Buttermilk	Mozzarella	Filberts	Amaranth	Lettuce (bibb)	Carrot	Fennel	Dulse
Camembert	Muenster	Hickory-Nuts	Barley	Lettuce (iceberg)	Cauliflower	Jerusalem Artichoke	
Cheddar	Neufchatel	Macadamia-Nuts	Buckwheat	Lettuce (loose-leaf)	Garlic	Jicama	
Gelby	Parmesan	Peanuts	Kamut	Lettuce (romaine)	Ginger Root	Leek	
Gottage-Cheese	Provolone	Pine-Nuts	Millet	Mustard Greens	Kohlrabi	Olive (all varieties)	
Gottage-Cheese (lite)	Ricotta	Pistachios	Oat	Radicchio	Mushroom (all varieties)	Parsnip	
Cream (half and half)	Romano	Poppy-Seeds	Quinoa	Sprouts (alfalfa)	Okra	Potato (all varieties)	
Cream-Cheese	Roquefort	Pumpkin-Seeds	Rye	Sprouts (bean)	Onion	Radish	
Edam	Sherbet	Sunflower-Seeds	Triticale	Turnip Greens	Pepper (bell, all colors)	Rutabaga	
Feta	Sour-Cream	Walnuts	Wheat	Watercress	Pepper (hot, all colors)	Water Chestnuts	
Goat-Cheese	Swiss			Beet-Greens	Pumpkin	Asparagus	
Goats-Milk	Whey			Endive	Shallot	Avocado	
Gouda	Yogurt			Spinach	Squash (winter)	Bamboo-Shoots	
Gruyere				Swiss-Chard	Tomato	Beet	

Fruits		Oils and Fats		Herbs, Spices, and Seasonings				
Apples	Peaches	Honeydew-Melon	Almond Oil	Borage Oil	Cayenne	Chervil	Rosemary	Ketchup
Coconut	Pears	Kumquat	Black Currant Oil	Butter (salted)	Chili Powder	Cloves	Saffron	Mayonnaise
Elderberries	Pomegranate	Lemons	Coconut Oil	Butter (unsalted)	Cinnamon	Coriander	Sage	Molasses
Guava	Apricots	Limes	Evening Primrose Oil	Ghee (clarified butter)	Garlic Powder	Cumin	Savory	Parsley
Kiwifruit	Blackberries	Oranges	Fish Oil	Hemp Oil	Ginger	Curry Power	Spearmint	Pepper (ground-black)
Mango	Blueberries	Plums	Flax Oil	Cottonseed-Oil	Honey	Dill Weed	Tarragon	Salt (iodized)
Papaya	Cantaloupe	Prunes	Olive Oil	Margarine	Oregano	Fennel Seed	Turmeric	Salt (low-sodium)
Persimmon	Casaba-Melon	Raisins	Safflower Oil		Paprika	Fenugreek	Vinegar (apple cider)	Salt (sea-salt,unrefined)
Pineapple	Cranberries	Raspberries	Sesame Oil		Thyme	Horseradish	Vinegar (balsamic)	Soy-Sauce
Watermelon	Currants	Rhubarb	Sunflower Oil		Anise	Mace	Vinegar (rice)	Sugar (brown)
Banana	Dates	Strawberries	Canola Oil		Basil	Marjoram	Vinegar (wine)	Sugar (brown,unrefined)
Boysenberries	Figs	Tangerines	Corn Oil		Bay Leaf	Mustard	Wasabi	Sugar (white)
Cherries	Gooseberries		Palm Kernal Oil		Caraway	Mustard Seed	Artificial Sweeteners	Vanilla (extract)
Loganberries	Grapefruit		Peanut Oil		Cardamom	Nutmeg	Chive	
Nectarines	Grapes		Wheat Germ Oil		Carob	Peppermint	Chocolate	