

Andrew Kim, ND Natural Traditions PC

The Healing Arts Clinic

an association of independent practitioners

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Name Anna Date 5-8-12

_____	Chicken
_____	Turkey
_____	Deer
_____	Ham
_____	Pork
_____	Beef

_____	Crab
_____	Clam
_____	Shrimp
_____	Lobster
_____	Oyster
_____	Scallop
_____	Cod
_____	Salmon
_____	Tuna
_____	Flounder
_____	Halibut

_____	Egg white
_____	Egg (whole)

<u>20</u>	Soybean
_____	Lentils
_____	Black beans
_____	Black-eye peas
_____	Garbanzo beans
_____	Kidney beans
_____	Pinto beans
_____	Navy beans
_____	Lima beans
_____	Peas
_____	String beans

<u>50</u>	Skim milk
<u>50</u>	Whole milk
<u>15</u>	Milk casein
_____	Goat's milk
<u>50</u>	American cheese
<u>70</u>	Cheddar cheese
<u>30</u>	Cottage cheese
_____	Butter
<u>30</u>	Yogurt
_____	Lactose
<u>20</u>	Soy milk
_____	Rice milk

<u>15</u>	Wheat flour
<u>20</u>	Sprouted wheat
<u>35</u>	Spelt
<u>20</u>	Barley
_____	Oat
<u>30</u>	Rye
<u>25</u>	Corn
_____	Rice
_____	Millet
_____	Quinoa
_____	Amaranth
_____	Buckwheat
<u>30</u>	Triticale
<u>25</u>	Kamut
_____	Teff

_____	Baker's yeast
_____	Brewer's yeast

_____	Broccoli
_____	Cauliflower
_____	Cabbage
_____	Brussel Sprouts
_____	Turnip
_____	Okra
_____	Asparagus
_____	Carrot
_____	Celery
_____	Cucumber
_____	Garlic
_____	Onion
_____	Black olives
_____	Green olives
_____	Iceberg lettuce
_____	Mushrooms
_____	Rhubarb
<u>20</u>	Spinach
_____	Eggplant
_____	Bell pepper
<u>25</u>	Tomato
<u>20</u>	Potato
_____	Sweet potato
_____	Artichoke

<u>35</u>	Refined sugar
_____	Molasses
_____	Sucanat
_____	Turbinado
<u>25</u>	Corn syrup
_____	Fructose (fruit)
_____	Xylitol

_____	Honey
_____	Maple Syrup
_____	Rice syrup
_____	Sugar Cane
<u>60</u>	Barley malt
_____	Stevia

<u>90</u>	Cocoa
<u>60</u>	Chocolate
<u>85</u>	Coffee
_____	Black tea
_____	Caffeine
<u>40</u>	Decaf coffee

_____	Pear
_____	Apple
_____	Plum
_____	Peach
_____	Pineapple
<u>40</u>	Banana
<u>40</u>	Strawberry
_____	Raspberry
_____	Blueberries
_____	Cranberry
_____	Blackberry
_____	Boysenberry
<u>70</u>	Orange
<u>90</u>	Grapefruit
<u>80</u>	Lemon
<u>80</u>	Lime
_____	Cherries
_____	Grapes
_____	Honeydew
_____	Watermelon
_____	Cantaloupe
_____	Kiwi
_____	Mango
_____	Papaya

latex 40

- 20 Peanuts
- Cashew
- Almond
- Brazil
- Filbert
- Walnut**
- Pecan
- Macadamia
- Pistachios
- Coconut
- Fig
- 20 Avocado

- Sunflower
- Flax
- Poppy
- Sesame
- Pumpkin
- Caraway
- Safflower/ Dill/ Anise

- White vinegar
- Apple cider Vinegar
- Glycerine
- Gelatin
- Carob
- Vanilla

- 35 Nutrasweet (Aspartame)
- 30 Saccharin
- 35 Sorbitol
- 20 Acesulfame-K
- 30 Sodium Nitrate
- 20 **MSG (glutamate)**
- 40 Splenda (sucralose)
- 20 Benzoic acid
- 25 FD & C blue
- 25 FD & C green
- 15 FD & C red
- 20 FD & C yellow

- Oregano
- Allspice
- Cinnamon
- Basil
- Sage
- Nutmeg
- Ginger
- Paprika/ Curry powder
- Thyme
- Clove
- Hops
- Bay leaf
- Mustard
- Horseradish

- 30 Grain alcohol
- 10 Beer
- 80 White wine
- 90 Red wine
- 40 Tequila
- 45 Sake (rice wine)

- 30 Table Salt
- Sea salt
- Black pepper
- Pimento
- Jalepeno
- Chili Powder

- Squash
- Pumpkin
- Radish
- Parsnip
- Beet
- Parsley

- Apricot
- Raisins
- Dates

Foods not marked above are fine on their own. Combinations marked below may cause problems to your health. We advise that you not eat these foods within 4 hours of each other.

- Meat and tomatoes
- Meat and potatoes
- Meat and salt

- Eggs and tomatoes
- Eggs and potatoes

- Sugar and dairy
- Sugar and fruit

- Grains and meat
- Grains and fish
- Grains and eggs
- Grains and legumes
- Grains and dairy
- Grains and yeast
- Grains and veggies

- Grain and tomatoes
- Grain and potatoes
- Grain and sugar
- Grains and fruit
- Grain and nuts
- Grain and seeds
- Grain and spices