

ASCENT DIET CLEANSE

FOOD LIST

Key = Oxalates (O), Sulphur (S), Histamines (H), Lectins (L), Mold (M)

Animal Meats, Fish & Seafood	Yes	No	Limit
Arctic Char	<input checked="" type="checkbox"/>		
Bison	<input checked="" type="checkbox"/>		
Clams (H)			<input checked="" type="checkbox"/>
Cod (H)			<input checked="" type="checkbox"/>
Cornish Game Hen	<input checked="" type="checkbox"/>		
Crab (H)			<input checked="" type="checkbox"/>
Deer	<input checked="" type="checkbox"/>		
Duck	<input checked="" type="checkbox"/>		
Elk	<input checked="" type="checkbox"/>		
Grass-fed Grass Finished Beef	<input checked="" type="checkbox"/>		
Grouper (H)			<input checked="" type="checkbox"/>
Halibut (H)			<input checked="" type="checkbox"/>
Lamb	<input checked="" type="checkbox"/>		
Mahi Mahi	<input checked="" type="checkbox"/>		
Mani	<input checked="" type="checkbox"/>		
Mussels	<input checked="" type="checkbox"/>		
Octopus	<input checked="" type="checkbox"/>		
Ostrich	<input checked="" type="checkbox"/>		
Perch (H)			<input checked="" type="checkbox"/>
Pheasant	<input checked="" type="checkbox"/>		
Rabbit	<input checked="" type="checkbox"/>		
Rockfish (H)			<input checked="" type="checkbox"/>
Salmon (Wild-- NOT Farm Raised Atlantic)	<input checked="" type="checkbox"/>		
Sardines	<input checked="" type="checkbox"/>		
Sea Bass	<input checked="" type="checkbox"/>		
Snapper (H)			<input checked="" type="checkbox"/>
Sole (H)			<input checked="" type="checkbox"/>
Tilapia	<input checked="" type="checkbox"/>		
Trout	<input checked="" type="checkbox"/>		
Tuna	<input checked="" type="checkbox"/>		
Venison	<input checked="" type="checkbox"/>		
Wild Boar	<input checked="" type="checkbox"/>		
Wild Caught Fish	<input checked="" type="checkbox"/>		
Wild Shrimp	<input checked="" type="checkbox"/>		
Chicken		<input checked="" type="checkbox"/>	
Turkey		<input checked="" type="checkbox"/>	
Pork		<input checked="" type="checkbox"/>	

Conventional Beef		<input checked="" type="checkbox"/>	
Organic Chicken		<input checked="" type="checkbox"/>	
Beans / Legumes	Yes	No	Limit
Black Beans (O,L)			<input checked="" type="checkbox"/>
Chick Peas (M)			<input checked="" type="checkbox"/>
Bean Sprouts (L, O)		<input checked="" type="checkbox"/>	
Lentils (L, M)		<input checked="" type="checkbox"/>	
Soy (H, M, O)		<input checked="" type="checkbox"/>	
Split Pea (M, L)		<input checked="" type="checkbox"/>	
Snap Pea (M, L)		<input checked="" type="checkbox"/>	
Fava (O)		<input checked="" type="checkbox"/>	
Lima (L, O)		<input checked="" type="checkbox"/>	
Kidney (L, O)		<input checked="" type="checkbox"/>	
Pinto (L, O)		<input checked="" type="checkbox"/>	
Fruit	Yes	No	Limit
Açaí Berry			<input checked="" type="checkbox"/>
Apple	<input checked="" type="checkbox"/>		
Apricot			<input checked="" type="checkbox"/>
Berries (O)			<input checked="" type="checkbox"/>
Cantaloupe (M)		<input checked="" type="checkbox"/>	
Cherries	<input checked="" type="checkbox"/>		
Dates (O)			<input checked="" type="checkbox"/>
Dried Pineapple (O)			<input checked="" type="checkbox"/>
Figs (O)			<input checked="" type="checkbox"/>
Grapefruit (O)			<input checked="" type="checkbox"/>
Grapes (M)		<input checked="" type="checkbox"/>	
Guava (O)			<input checked="" type="checkbox"/>
Kiwi (O)			<input checked="" type="checkbox"/>
Mango (high sugar)			<input checked="" type="checkbox"/>
Melon	<input checked="" type="checkbox"/>		
Nectarine			<input checked="" type="checkbox"/>
Oranges (O)			<input checked="" type="checkbox"/>
Papaya	<input checked="" type="checkbox"/>		
Passion Fruit			<input checked="" type="checkbox"/>
Peach			<input checked="" type="checkbox"/>
Plums			<input checked="" type="checkbox"/>
Pomegranate			<input checked="" type="checkbox"/>
Raspberries (O)			<input checked="" type="checkbox"/>
Watermelon	<input checked="" type="checkbox"/>		
Grains	Yes	No	Limit
Barley (H, M, O)		<input checked="" type="checkbox"/>	
Brown Rice Barley (H, M, O)			<input checked="" type="checkbox"/>
Bulgur (H, M, O)		<input checked="" type="checkbox"/>	

Corn (H, M, O)		<input checked="" type="checkbox"/>	
Oats (O, H, M)		<input checked="" type="checkbox"/>	
Quinoa (O, H, M)		<input checked="" type="checkbox"/>	
Rye (H, M, O)		<input checked="" type="checkbox"/>	
Spelt (H, M, O)		<input checked="" type="checkbox"/>	
Wheat (H, M, O)		<input checked="" type="checkbox"/>	
Wheatgrass (H, M, O)		<input checked="" type="checkbox"/>	
White Rice (H, M)		<input checked="" type="checkbox"/>	
Milk / Cheese	Yes	No	Limit
Oat Milk (O, M, H)			<input checked="" type="checkbox"/>
Cashew Milk	<input checked="" type="checkbox"/>		
Coconut Milk (O)	<input checked="" type="checkbox"/>		
Macadamia Milk	<input checked="" type="checkbox"/>		
Sheep Yogurt and Cheese	<input checked="" type="checkbox"/>		
Greek Yogurt and Cheese	<input checked="" type="checkbox"/>		
Almond Milk (O)		<input checked="" type="checkbox"/>	
Dairy Milk (H)		<input checked="" type="checkbox"/>	
Goat Milk (O)		<input checked="" type="checkbox"/>	
Goat Cheese (O)		<input checked="" type="checkbox"/>	
Flax Milk		<input checked="" type="checkbox"/>	
Soy Milk (O)		<input checked="" type="checkbox"/>	
Blue, Swiss, Brie Cheese (H, M)		<input checked="" type="checkbox"/>	
Nuts & Seeds	Yes	No	Limit
Almond Butter (O)		<input checked="" type="checkbox"/>	
Almonds (O)		<input checked="" type="checkbox"/>	
Brazil Nuts (O, M)		<input checked="" type="checkbox"/>	
Cashew Butter (O)		<input checked="" type="checkbox"/>	
Cashews (O)			<input checked="" type="checkbox"/>
Chia Seeds (O)			<input checked="" type="checkbox"/>
Macadamia (O)			<input checked="" type="checkbox"/>
Peanut Butter (O, M)		<input checked="" type="checkbox"/>	
Peanuts (O, M)		<input checked="" type="checkbox"/>	
Pecans (O)		<input checked="" type="checkbox"/>	
Pili Nuts (O)			<input checked="" type="checkbox"/>
Pistachios (M, O)		<input checked="" type="checkbox"/>	
Pumpkin Seeds (O)			<input checked="" type="checkbox"/>
Sesame (M, O)		<input checked="" type="checkbox"/>	
Sunflower Seeds (O)			<input checked="" type="checkbox"/>
Tahini (M)		<input checked="" type="checkbox"/>	
Walnuts (O)		<input checked="" type="checkbox"/>	
Oils	Yes	No	Limit
Canola Oil		<input checked="" type="checkbox"/>	
Rice Bran Oil		<input checked="" type="checkbox"/>	

Sunflower Oil		<input checked="" type="checkbox"/>	
Corn Oil		<input checked="" type="checkbox"/>	
Soybean Oil		<input checked="" type="checkbox"/>	
Cottonseed Oil		<input checked="" type="checkbox"/>	
Safflower Oil		<input checked="" type="checkbox"/>	
Grapeseed Oil		<input checked="" type="checkbox"/>	
Peanut Oil		<input checked="" type="checkbox"/>	
Organic Cold-pressed Olive Oil	<input checked="" type="checkbox"/>		
Butter	<input checked="" type="checkbox"/>		
Ghee	<input checked="" type="checkbox"/>		
Avocado Oil	<input checked="" type="checkbox"/>		
Duck Fat	<input checked="" type="checkbox"/>		
Coconut Oil	<input checked="" type="checkbox"/>		
Protein Powders	Yes	No	Limit
Perfectaminos	<input checked="" type="checkbox"/>		
Pumpkin Seed Protein	<input checked="" type="checkbox"/>		
Watermelon Seed Protein	<input checked="" type="checkbox"/>		
Liquid Biocell Collagen	<input checked="" type="checkbox"/>		
Pea Protein (L, M)		<input checked="" type="checkbox"/>	
Whey Protein		<input checked="" type="checkbox"/>	
Starches	Yes	No	Limit
Millet			<input checked="" type="checkbox"/>
Brown Rice			<input checked="" type="checkbox"/>
Black Rice			<input checked="" type="checkbox"/>
Wild Rice			<input checked="" type="checkbox"/>
Buckwheat			<input checked="" type="checkbox"/>
Sweeteners	Yes	No	Limit
Diet Soda		<input checked="" type="checkbox"/>	
Splenda		<input checked="" type="checkbox"/>	
Sweetn'low		<input checked="" type="checkbox"/>	
Nurtasweet		<input checked="" type="checkbox"/>	
Aspartame		<input checked="" type="checkbox"/>	
Saccharine		<input checked="" type="checkbox"/>	
Sorbitol		<input checked="" type="checkbox"/>	
Evaporated Cane Juice/ Syrup		<input checked="" type="checkbox"/>	
Rice Syrup		<input checked="" type="checkbox"/>	
Unrefined Brown Sugar		<input checked="" type="checkbox"/>	
High Fructose Corn Syrup		<input checked="" type="checkbox"/>	
Agave		<input checked="" type="checkbox"/>	
Beet Sugar (O)		<input checked="" type="checkbox"/>	
Erythritol		<input checked="" type="checkbox"/>	
Honey			<input checked="" type="checkbox"/>

Stevia			<input checked="" type="checkbox"/>
Monkfruit			<input checked="" type="checkbox"/>
Xylitol			<input checked="" type="checkbox"/>
Vegetables	Yes	No	Limit
Acorn Squash			<input checked="" type="checkbox"/>
Artichoke	<input checked="" type="checkbox"/>		
Arugula (S)		<input checked="" type="checkbox"/>	
Asparagus	<input checked="" type="checkbox"/>		
Avocado (H)			<input checked="" type="checkbox"/>
Beet Tops (O)		<input checked="" type="checkbox"/>	
Beetroot (O)		<input checked="" type="checkbox"/>	
Bell Pepper	<input checked="" type="checkbox"/>		
Bibb Lettuce	<input checked="" type="checkbox"/>		
Black Olives	<input checked="" type="checkbox"/>		
Bok Choy (S)		<input checked="" type="checkbox"/>	
Broccoli (S)		<input checked="" type="checkbox"/>	
Broccolini (S)		<input checked="" type="checkbox"/>	
Brussel Sprouts (S)		<input checked="" type="checkbox"/>	
Butternut Squash	<input checked="" type="checkbox"/>		
Button Squash	<input checked="" type="checkbox"/>		
Cabbage (S)		<input checked="" type="checkbox"/>	
Carrots	<input checked="" type="checkbox"/>		
Cauliflower (S)		<input checked="" type="checkbox"/>	
Celery	<input checked="" type="checkbox"/>		
Collard Greens (S)		<input checked="" type="checkbox"/>	
Cucumber	<input checked="" type="checkbox"/>		
Eggplant (L)	<input checked="" type="checkbox"/>		
Green Beans (M, L)	<input checked="" type="checkbox"/>		
Green Leaf Lettuce	<input checked="" type="checkbox"/>		
Green Olives (M)			<input checked="" type="checkbox"/>
Iceberg Lettuce	<input checked="" type="checkbox"/>		
Kale (S, O)		<input checked="" type="checkbox"/>	
Lamb's Lettuce	<input checked="" type="checkbox"/>		
Leeks (S)		<input checked="" type="checkbox"/>	
Mushrooms (M)			<input checked="" type="checkbox"/>
Okra (O)			<input checked="" type="checkbox"/>
Onion (S)		<input checked="" type="checkbox"/>	
Parsnips (S)		<input checked="" type="checkbox"/>	
Peas (M, L)		<input checked="" type="checkbox"/>	
Peppers (L)			<input checked="" type="checkbox"/>
Potatoes (O, L)			<input checked="" type="checkbox"/>
Pumpkin	<input checked="" type="checkbox"/>		
Radish (S)		<input checked="" type="checkbox"/>	
Red Leaf Lettuce	<input checked="" type="checkbox"/>		
Romaine Lettuce	<input checked="" type="checkbox"/>		

Seaweed	<input checked="" type="checkbox"/>		
Shallots (S)		<input checked="" type="checkbox"/>	
Spaghetti Squash (L)	<input checked="" type="checkbox"/>		
Spinach (O)		<input checked="" type="checkbox"/>	
Sweet Potato (O)			<input checked="" type="checkbox"/>
Swiss Chard (O)			<input checked="" type="checkbox"/>
Tomatoes (H, L)			<input checked="" type="checkbox"/>
Watercress (S)		<input checked="" type="checkbox"/>	
Winter Squash	<input checked="" type="checkbox"/>		
Yam (O)			<input checked="" type="checkbox"/>
Yellow Squash	<input checked="" type="checkbox"/>		
Yucca/cassava	<input checked="" type="checkbox"/>		
Zucchini	<input checked="" type="checkbox"/>		
Other	Yes	No	Limit
Aged Cheese (M)		<input checked="" type="checkbox"/>	
Aged Foods (H)		<input checked="" type="checkbox"/>	
Bone Broth (H)		<input checked="" type="checkbox"/>	
Bran (O)			<input checked="" type="checkbox"/>
Chives (S)		<input checked="" type="checkbox"/>	
Chocolate (O)			<input checked="" type="checkbox"/>
Coconut (O)			<input checked="" type="checkbox"/>
Dandelion Root (S)		<input checked="" type="checkbox"/>	
Egg Yolks (S)			<input checked="" type="checkbox"/>
Fermented Foods (H)		<input checked="" type="checkbox"/>	
Garlic (S)		<input checked="" type="checkbox"/>	
Oregano (O)			<input checked="" type="checkbox"/>
Parsley (O)		<input checked="" type="checkbox"/>	
Sage (S)		<input checked="" type="checkbox"/>	
Turmeric (O)			<input checked="" type="checkbox"/>
Drinks	Yes	No	Limit
Alcohol (H)		<input checked="" type="checkbox"/>	
Carrot Juice (O)			<input checked="" type="checkbox"/>
Non-organic Coffee (M)		<input checked="" type="checkbox"/>	
Organic Coffee	<input checked="" type="checkbox"/>		
Herbal Tea	<input checked="" type="checkbox"/>		
La Croix	<input checked="" type="checkbox"/>		
Sparkling Water	<input checked="" type="checkbox"/>		
Soda / Soft Drinks		<input checked="" type="checkbox"/>	
Diet Sparkling Drinks		<input checked="" type="checkbox"/>	
Fruit Juice		<input checked="" type="checkbox"/>	

