**Fruits**

- Apple (seedless)

- Banana

- Blackberries

- Blueberries

- Cantaloupe

- Cherries

- Cranberries

- Grapes (seedless)

- Lychee

- Mango

- Melon

- Peaches (no stone)

- Plums (no pits)

- Raspberries

- Raspberry leaves (helpful for diarrhea)

- Strawberries

- Watermelon

**Veggies**

- Asparagus

- Bean Sprouts

- Bok Choy

- Broccoli

- Cabbage (Limited amounts)

- Carrots

- Cauliflower

- Celery

- Chard

- Chestnuts

- Chickweed

- Chicory

- Clover

- Corn on the Cob

- Cucumbers

- Dandelion Leaves

- Endive

- Green Beans

- Kale

- Parsnips

- Peas

- Radicchio

- Romaine Lettuce

- Spinach

- Squash - Sweet Potatoes

- Sweet bell Peppers

- Swiss Chard

- Turnip

- Water Chestnuts

- Water Cress

- Zucchini

**Meats and Proteins foods**

- Cooked Ground Beef (Rinse well in hot water to remove any grease)

- Cooked Chicken or Turkey (Steamed or baked)

- Low Fat Cottage Cheese

- Fish Cod (Cooked removing bones and skin)

- Grasshoppers (Pet Shop)

- Mealworms (Pet Shop)

- Crickets (Pet Shop)

- Bread (whole grain no white bread) soaked in milk (Low Fat, Skim, Soy)

- Eggs (boiled or scrambled)

- Plain Tofu

- Plain Low Fat Yogurt

- Dog Biscuits (No Garlic, onion, or onion powder)

- Monkey Chow

- Lab Block

**Other foods**

- Buckwheat

- Baby Food (low sugar and no onion or garlic)

- Cheese (mild cheeses in moderation)

- Cooked Plain Brown Rice

- Cooked Pasta (Wheat or Spinach would be better)

- Dry toast (Also helpful for diarrhea

- Flax seed

- Low or Sugarless Cereals

- Pumpkin Seeds (unsalted)

- Nuts (No almonds)

- Sesame Seeds

- Soybeans (Roasted no salt)

- Squash seeds

- Lentils

- Oatmeal (dry or soaked in skim, soy or low-fat milk)

- Nutritional Yeast

- Bran and Wheat Germ (Refrigerated goes bad fast)

- Peanuts (unsalted)

- Alfalfa

- Unsalted Popcorn (no butter)

- Millet

**Foods to Avoid**

- Almonds (Contains Cyanic Acid)

- Apple Seeds

- Canned food

- Chocolate

- Candies

- Chips and Junk food

- Pork Products

- Potatoes (Raw)

- Raw Kidney Beans

- Eggplant

- Fool's Parsley

- Grape Seeds

- Avocado

- Raw Rhubarb

- Tomato leaves

- Oranges or Tangerines (no citrus fruits)

- Cherry Stone

- Peach Stone & Leaves

- Apricot Stone

- Lemon or Lime

- Jams and jellies

- Spices

- Garlic

- Onions

- Leeks

- Scallions

- Chives

- Pickles