

# Neutral Foods & Beverages



## Grains

Corn  
Rice  
Rye

## Vegetables

Artichoke  
Beet  
Cabbage  
Carrot  
Cauliflower  
Jerusalem artichoke  
Kohlrabi  
Olive  
Potato  
String bean  
Sweet potato  
Taro  
Turnip  
Yam

## Fungus

Ceps  
Puffball  
Shiitake  
Wood ear

## Fruits

Apricot  
Carambola  
Crabapple  
Fig  
Grape  
Papaya  
Pineapple  
Plum  
Pomegranate

## Beans

Adzuki bean  
Blackeye bean  
Broad bean (fava)  
Garbanzo bean (chickpea)  
Kidney bean  
Lentil  
Pea  
Soybean (black)

## Nuts & Seeds

Almond  
Cashew  
Coconut milk  
Flax  
Ginkgo  
Hazel  
Hemp seed  
Peanut  
Pistachio  
Poppy seed  
Sesame (black & white)  
Sunflower seed

## Fish

Abalone  
Carp  
Cuttlefish  
Herring  
Loach  
Mackerel  
Oyster  
Perch  
Sardine  
Scallop  
Shark  
Squid  
Sturgeon  
Tuna  
Whitefish

## Meat

Duck  
Goose  
Pork

## Dairy

Cheese  
Egg (chicken)  
Egg (quail)  
Cow milk (pasteurized)

## Herbs & Spices

Coriander seed  
Licorice  
Saffron

## Oils & Condiments

Olive oil  
Peanut oil  
Honey  
Sugar (white)

## Beverages

Soy milk  
Tea (black)