

1. Strawberries
2. Yogurt
3. Lettuce
4. Chicken
5. Fish
6. Carrots
7. Milk
8. Bread
9. Grapefruit
10. Almonds
11. Cereal
12. Pasta
13. Eggs
14. Onions
15. Mushrooms
16. Jalapeños
17. Garbanzo Beans
18. Peaches
19. Olives
20. Artichokes
21. Lean Pork
22. Red Pepper
23. Cucumber
24. Ginger
25. Asparagus
26. Bananas
27. Tofu
28. Broccoli
29. Spinach
30. Yams
31. Oranges
32. Apples
33. Garlic
34. Olive Oil
35. Tomatoes
36. Turkey
37. Blueberries
38. Beets
39. Brussels Sprouts
40. Prunes
41. Raisins
42. Oatmeal
43. Potatoes
44. Cauliflower
45. Pumpkins
46. Brown Rice
47. Eggplant
48. Corn
49. Turnip Greens

50. Barley