



Kopec Functional Wellness

VEGETABLES				
Low	Medium	High	Very High	Avoid
Alfalfa Artichoke Asparagus Beet Greens Bok Choy Brussel Sprouts Celery Chicory Cucumber Dandelion Fennel Green Beans Lettuce Snow Peas Snap Peas Turnip Greens Watercress Zucchini All Fresh Herbs All Sprouts Root Vegetables: Beets Cassava Chestnuts Garlic Jiacama Parsnip Sweet Potato Swede Turnip Water Chestnuts Yam Starchy Vegetables: Squash Okra Spaghetti Squash Sweet Corn Taro	Avocado (Firm, 1/2) Bamboo Shoots Cabbage Cauliflower Chinese Chives Endive Kale Radish Leaves Mizuna Spring Onion Shallots Root Vegetables: Carrots Celeriac Daikon Onion Radish	Arugula Avocado (Soft) Broccoli sprouts Broccoli Broccolini Chard Collard Greens Kohlrabi Leek Mushrooms Mustard Greens Radicchio Spinach Starchy Vegetables: Pumpkin	Pickled & Preserved Vegetables: Gherkin Olives Onions Pickles Sauerkraut Truffles Beet Kimchi Pickles Sea Vegetables Algae Chlorella Spirulina Seaweed Dulce Irish Moss Nori Bladderwack Kelp Kombu Wakame Sea Lettuce Nightshades: Bell Pepper Cayenne Chili Pepper Eggplant Goji Berry Habanero Jalapeno Paprika Poblano Potatoes Sweet Peppers Tobacco Tomatillo Tomato	All Processed Foods



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FRUIT				
Low	Medium	High	Very High	Avoid
Apple Apricot Blackberries Blueberries Boysenberries Cantaloupe Cherry Elderberries Honeydew Loquat Lychee Mulberries Pear Asian Nectarine Peach Pear Persimmon Plantain Pomegranate Rhubarb Star Fruit Fruit Flours: Banana Flour Plantain Flour	Avocado (Firm, 1/2) Banana (Firm, 1/2) Coconut Flesh (Fresh) Cranberry Currants	Avocado (Ripe) Banana (Ripe) Figs (Fresh) Raspberry Strawberry Citrus: Grapefruit Kumquats Orange Lemon Lime Mandarin Tropical Fruits: Dragon-fruit Guava Jackfruit Kiwifruit Mango Papaya Passion Fruit Pineapple Watermelon	Dates Grape Plum Prune Raisin ALL Dried Fruit	All Processed Foods



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PROTEIN				
Low	Medium	High	Very High	Avoid
Poultry: Chicken Goose Quail Turkey Farm direct Beef Bison/Buffalo Lamb Rabbit Veal Venison Protein Powder: Hemp Protein Whey Protein	Duck Eggs: Duck Eggs Egg yolks only	Beef Pork Eggs: Egg whites Goose Eggs Non-White Fish (Fresh): Tuna Cod Salmon Trout Marlin Sashimi Shellfish: Clam Scallops Crayfish Mussel Oyster Squid Prawns Crab Lobster Organ: Brain Liver Heart Kidneys Sweetbreads Tongue	Fish (Not Fresh) Anchovy Herring Mackerel Sardines Preserved Fish & Meat: Bacon Caviar Dried (Jerky) Ham Pastes Salami Sauces Smoked Meat Canned meat	All Processes Foods: Cold cuts Fish sticks Hydrolyzed Vegetable Protein (HVP) Soy protein Vegetable Protein (TVP) All Soy: Tempeh Tofu



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GRAINS				
Low	Medium	High	Very High	Avoid
Rice: Brown Rice Rice Pasta Rice Flour Rice Cakes (plain) Rice Cereal White Rice Gluten: Barley Farro Durum Bulgar Kamut Oats (steel cut) Rye Semolina Spelt Gluten Free Grains: Amaranth Corn (fresh) Millet Polenta/Grits Quinoa Sago Sorghum Tapioca Teff	Biscuits Flatbread Scones Crackers Wheat	Yeast-Risen: Bagel Baguette Bread Croissants Crumpets English Muffins Focaccia Pumpernickel Pita Bread Pizza Dough Sourdough	Baker's Yeast Breadcrumbs Carob Wheat Germ	All baked goods containing artificial or preservatives



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FATS				
Low	Medium	High	Very High	Avoid
Coconut Oil Olive Oil Red Palm Oil Dairy Fats: Butter Ghee Nut & Seed Oils: Hemp Oil Flax Oil Macadamia Oil	Coconut Products: Coconut Cream Coconut Butter Coconut Milk	Animal Fat: Chicken Fat Duck Fat Lard Suet Tallow	Almond Oil Nut & Seed Oils: Avocado Oil Sesame Oil Walnut Oil	Refined Oils: Canola Mayonnaise Salad Dressings Grapeseed Margarine Peanut Oil Safflower Soybean Sunflower



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NUTS, SEEDS, BEANS, PEAS, LEGUMES				
Low	Medium	High	Very High	Avoid
Seeds: Chia Flax Hemp Linseed Poppy Sesame All Other Spices	Nuts: Cashew Nut Coconut Flesh (Fresh)	Nuts: Almond Brazil Hazel Macadamia Pecan Pine Pistachio Seeds: Anise Cinnamon Cloves Cocoa Coffee Coriander Mustard Nutmeg Paprika Pumpkin Sunflower	Nuts: All Nut Butters Almond Flour Mixed Nuts Walnuts Seeds: Seed butter Buckwheat Tahini Legumes, Peas & Beans: Adzuki Beans Black Beans Borlotti Beans Broad Beans Fava Beans Garbanzo Beans Kidney Beans Lentils Lima Beans Mung Beans Navy Beans Pinto Beans Soybeans Navy Beans Green Peas	Peanuts Wheat Germ



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DAIRY & MILK				
Low	Medium	High	Very High	Avoid
Butter Ghee Whey Protein Mozzarella only made from Buffalo (fresh)	Fresh Cheeses: Cottage Cheese Quark Ricotta Yoghurt Cheese Milks: Butter Milk Goats Milk Cows Milk (raw) Additional: Cream Sour Cream Yogurt (homemade)	Young Cheeses: Cheddar Gruyere Goat cheese Mozzarella (cow)	All Other Cheeses Commercial Yogurt Raw Milk Cheese Almond milk	Processed Foods: Condensed Milk Milk Powder Processed Cheese UHT Milk Soy Milk



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BEVERAGES				
Low	Medium	High	Very High	Avoid
Ginger Tea Fresh Herb Tea Chamomile tea Spring Water Tap Water	Club Soda (Soda Water) Fruit Juice Green Tea Spring Water (Sparkling)	Tonic Water Dried Tea & Coffee: Black Tea Chai Lemon Myrtle Peppermint Rosehip Yerbe Matte Seeds: Coffee Cocoa Spirits Gin Rum Sake Vodka	Alcohol: Beer Champagne Cider Wine Spirits: Brandy Liquour Port Scotch Sherry	Soda Drinks Energy Drinks Flavored Drinks Fruit Juices Lemonade



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SWEETENERS				
Low	Medium	High	Very High	Avoid
Sparse Use Only: Raw Honey Maple Syrup			Cacao Carob Chocolate Cocoa Powder Licorice Malt Extract Marzipan White Chocolate	All Refined Sugar: Agarve Nectar Aspartame Brown Rice Syrup Cane Sugar Caramel Coconut Sugar Corn Syrup Equal Golden Syrup Icing Sugar Malt Syrup Molasses Processed Honey Splenda Stevia White Sugar



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OTHER				
Low	Medium	High	Very High	Avoid
Baking Soda Citric Acid Cream of Tartar Himalayan Salt Horseradish Lemongrass Pectin Saffron Sea Salt	Baking Powder Gelatin Ginger Green Pepper (Fresh) Tamarind Turmeric Vanilla (Extract)	White and Black Pepper	Vinegar Nutritional Yeast Brewer's Yeast Commercial Sauces: Coconut Aminos Fish sauce Mustard Oyster Soy Tamari Tandoori Teriyaki Wasabi Worcestershire	Additives Carrageenan Folic Acid Gar Gum Iodine Meat Extracts NSAIDS Preservatives Stock Cubes Table Salt (Iodized) Tomato Paste Vegetable Stock (Carton) Yeast Extracts