

## Reactive Food List

The reactive food list is updated yearly with data we gather from all over the world

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| <p><b>85%+ Reactive</b></p> <ul style="list-style-type: none"> <li>• Shrimp</li> <li>• Turkey</li> <li>• Tomato sauce</li> <li>• Eggplant</li> <li>• Oatmeal</li> <li>• Greek yogurt</li> <li>• Black beans, cannellini</li> <li>• Cauliflower, cabbage</li> <li>• Hard-boiled eggs</li> <li>• Salmon, tuna</li> <li>• Asparagus</li> <li>• Bagels</li> <li>• Farm raised fish</li> <li>• Corn</li> <li>• Deli Meats</li> <li>• Sushi rice</li> <li>• Veal</li> <li>• Strawberries</li> <li>• Melon (except watermelon)</li> <li>• Banana</li> <li>• Roasted nut butter</li> </ul> <p><b>60-70% Reactive</b></p> <ul style="list-style-type: none"> <li>• Yogurt, regular</li> <li>• Green beans</li> <li>• Pasta</li> <li>• Walnuts</li> <li>• Green and red peppers</li> <li>• Pineapple</li> <li>• Tofu</li> <li>• Oranges, grapefruit</li> <li>• Cows milk</li> <li>• Spaghetti squash</li> <li>• Cod, mahi, sea bass</li> <li>• Tomatoes</li> <li>• Artichokes</li> <li>• Quinoa</li> </ul> | <ul style="list-style-type: none"> <li>• Broccoli, broccoli rabe</li> <li>• Tahini</li> <li>• Almond milk</li> <li>• Multigrain bread</li> </ul> <p><b>50% Reactive</b></p> <ul style="list-style-type: none"> <li>• Edamame</li> <li>• Brussels sprouts</li> <li>• Peas</li> <li>• Multigrain bread</li> </ul> <p><b>40% Reactive</b></p> <ul style="list-style-type: none"> <li>• Lactose-free milk</li> <li>• Tahini</li> <li>• Whole Eggs</li> <li>• Hemp seeds</li> </ul> <p><b>30% Reactive</b></p> <ul style="list-style-type: none"> <li>• Egg whites</li> <li>• Bok Choy</li> <li>• Cows Cheese</li> <li>• Flounder/Halibut</li> <li>• Scallops</li> <li>• Lentils</li> <li>• Pintos</li> <li>• Stewed chickpeas</li> <li>• Parmesan</li> <li>• Cashews</li> <li>• Plain white, white or potato bread</li> </ul> <p><b>20% Reactive</b></p> <ul style="list-style-type: none"> <li>• Bread- sourdough, pita</li> <li>• Papaya, raspberries</li> <li>• Snow Peas</li> <li>• Winter Squash</li> <li>• Crab, lobster, oysters</li> <li>• Tempeh</li> <li>• Fennel</li> <li>• Spinach- organic</li> <li>• Arugula</li> </ul> | <p><b>15% Reactive</b></p> <ul style="list-style-type: none"> <li>• Spelt</li> <li>• Kamut</li> <li>• Buckwheat</li> </ul> <p><b>10% Reactive</b></p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Duck</li> </ul> <p><b>5% or less reactive</b></p> <ul style="list-style-type: none"> <li>• Avocado</li> <li>• Mango</li> <li>• Garlic</li> <li>• Onions</li> <li>• Shiitaki mushrooms (<i>may be higher if you have yeast</i>)</li> <li>• Radicchio</li> <li>• Endive</li> <li>• Lamb</li> <li>• Chicken</li> <li>• Goat or sheep's cheese</li> <li>• Pears</li> <li>• Broccoli</li> <li>• Carrots</li> <li>• Kale</li> <li>• Zucchini</li> <li>• Beets</li> <li>• Steak</li> <li>• Sunflower Seeds</li> <li>• Pumpkin Seeds</li> <li>• Raw Almonds</li> <li>• Apples</li> <li>• Pears</li> <li>• Blueberries</li> <li>• Rice Cereal</li> <li>• Chia Seeds</li> <li>• Frisee</li> <li>• Leeks</li> <li>• Escarole- cooked</li> <li>• Endive- cooked</li> <li>• Basmati rice</li> </ul> |
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