

Vegetarian Reactive Foods Table

<u>85+% reactive</u>	<u>60–70% reactive</u>	<u>50% reactive</u>	<u>5% or less reactive</u>
<p>Corn Hard boiled eggs Roasted nut butters Bananas (women) Sweet potatoes (women) Wheat gluten (fake meat) Yeast extract Sushi rice</p> <p style="text-align: center;"><u>85% reactive</u></p> <p>Eggplant Oatmeal Greek yogurt Black beans Cannellini beans Cauliflower Cabbage Asparagus Powdered stevia Coconut oil Kombucha (store bought) Bagels Strawberries Tomato sauce (with citric acid) Cows' milk (pasteurized) Whey Sweet potato (men) Seitan Daiya cheese Protein powders Green juices drunk daily Kombucha (store bought)</p>	<p>Yogurt, regular Green beans Quinoa, teff Gluten-free flour Savoy cabbage Bok choy Celery Portobello/button mushrooms Cow's cheese (except for Parmesan) Pineapple Grapefruit Artichokes Oranges Almond milk (store bought) Spaghetti squash, kabocha Gluten-free bread Soy Pine nuts Sesame seeds Tahini Cucumber Celery Romaine hearts, iceberg lettuce Peppers Tomatoes Broccoli rabe, broccolini Mustard Sweet potato (men) Melon (except watermelon)</p>	<p>Couscous and farro All other beans, including edamame Rice flour Peas Dates</p> <p style="text-align: center;"><u>30–40% reactive</u></p> <p>Eggs Lentils Pintos Chick peas Brussels sprouts Watermelon</p> <p style="text-align: center;"><u>20% reactive</u></p> <p>Snow peas Sourdough, pita or lavash bread Tempeh Peanuts Brown/green lentils Millet, buckwheat Blackberries Cashews Watermelon Low-reactive tomato sauce Pumpkin</p> <p style="text-align: center;"><u>10–15% reactive</u></p> <p>Potatoes Delicata squash Raspberries Pomegranate Pecans Hemp seeds Butternut squash kb</p>	<p>Pitted fruits (mango, avocado, etc.) Garlic, onions, chives, leeks, etc. Shiitaki and Asian mushrooms Radicchio, endive, frisée Red leaf, green leaf, Bibb lettuces Fennel Goat or sheep's cheese Broccoli Carrots Kale Zucchini, yellow squash Raw beets Raw sunflower & pumpkin seeds Raw almonds Apples Pears Blueberries Chia seeds, flax seeds Coconut milk, rice milk Organic spinach, chard Wild rice, brown and basmati rice</p>