

MINIMAL RISK	MODERATE RISK	HIGH RISK
Apples (without seeds)	Asparagus (cooked)	Alcoholic Beverages
Beef (cooked)	Bananas	Almonds
Bell Peppers	Bread	Apple Seeds
Blackberries	Broccoli (cooked)	Avocado (including seed/pit)
Blueberries	Brussel Sprouts (cooked)	Caffeine
Bone Broth	Cabbage	Cat Food
Carrots	Cantaloupe (without rind)	Cherry Pits
Cauliflower (cooked)	Cashews (unsalted)	Chives
Celery	Cheese	Chocolate/Cocoa
Chicken (cooked)	Cherries (without pit)	Citrus Peels
Coconut Meat	Cinnamon	Coffee
Corn (off the cob)	Cottage Cheese	Cooked Bones
Cucumbers	Cranberries	Corncobs
Eggs (cooked)	Honey	Dairy Products
Green Beans	Mango (without pit)	Fatty Foods (Bacon)
Green Peas	Peanuts (unsalted)	Garlic
Honeydew (without rind)	Raspberries	Grapes
Mushrooms (store bought)	Spinach	Household Plants
Oatmeal (plain/cooked)	Strawberries	Junk Food
Oranges (peeled/without seeds)	Tomatoes (ripe)	Leeks
Peaches (without pit)		Macadamia Nuts
Peanut Butter (without Xylitol)		Melon Rinds
Pears (without seeds)		Nutmeg
Pineapple		Onions
Popcorn (plain)		Peach Pits
Pork (cooked)		Plum Pits
Potatoes (peeled)		Raisins
Pumpkin (canned)		Raw Yeast Dough
Quinoa (cooked)		Salt
Rice White (cooked)		Stems & Leaves
Salmon Wild (cooked)		Sugar
Sardines (canned)		Walnuts
Shrimp (cooked)		Wild Mushrooms
Squash (cooked)		Xylitol
Sugar Snap Peas		
Sunflower Seeds (shelled)		
Sweet Potatoes (peeled)		
Turkey (cooked)		
Watermelon (without rind)		
Zucchini (cooked)		