

**MEAT AND POULTRY LIST**  
**(FROM "DIET FOR A POISONED PLANET")**

EDITOR'S NOTE: The author recommends that consumers prefer "Green Light" Meat & Poultry; they are the safest cuts. "Yellow Light" Meat & Poultry should be eaten less often. "Red Light" Meat & Poultry should be avoided. For further explanation of the author's system, please see the Introduction on the Bonus Page.

**MEAT AND POULTRY**

**Green Light**

Alligator Meat	Goose	Turkey
Buffalo Steak	Lamb Chops	Turtle Meat
Duck	Pork Roast	Venison (USA)
Escargot (Snails)	Rabbit	
Frogs' Legs	Roast Chicken	

**Yellow Light**

Beef Round Steak	Fried Chicken
Chicken Cold Cuts	Ham
Chicken Hot Dogs/Hamburgers	Pork Chops
Eggs	Turkey Hot Dogs/Hamburgers

**Red Light**

Bacon	Ground Beef
Beef /Calf Liver	Meat Loaf
Beef Chuck Roast	Pork Sausage
Beef Sirloin/Loin Steaks	Salami
Bologna	Veal
Fast Food Quarter Pound Hamburgers	Venison (Outside of USA)
Frankfurters (Beef/Pork)	