

FRUIT & VEGETABLE LISTS
(FROM “DIET FOR A POISONED PLANET”)

EDITOR’S NOTE: The author recommends eating “Green Light” Fruits and Vegetables as often as you like, but be sure to wash the skin well if it will be consumed. “Yellow Light” Fruits and Vegetables have higher pesticide residues than the “Green Light” section, should be eaten less often & should be peeled if possible (most residues are found in the skin of the produce), or purchase organic varieties. “Red Light” Fruits and Vegetables should be avoided or purchase organic varieties. For further explanation of the author’s system, please see the Introduction on the Bonus Page.

FRUITS

Green Light-----

Applesauce	Fruit Cocktail	Passion Fruit
Avocados	Grapefruit	Pears (canned)
Bananas	Guavas	Peaches(canned)
Bitter Melon	Lemons	Pineapples
Coconut	Limes	Plantains
Dates	Oranges	Tangerines
Figs	Papayas	Watermelon

Yellow Light-----

Apples	Crenshaw Melons	Peaches
Apricots	Currants	Pears
Blackberries	Feiojas	Persimmons
Blueberries	Grapes	Plums
Cantaloupe	Honeydew	Pomegranates
Casaba	Kiwi Fruit	Prunes
Cherries	Kumquats	Raspberries
Cranberries	Nectarines	Strawberries

Red Light-----

Raisins

VEGETABLES

Green Light-----

Alfalfa Sprouts	Brussels Sprouts	Corn
Asparagus	Cabbage	Cowpeas
Adzuki Beans	Carrots	Daikon
Bamboo Shoots(canned)	Cassava	Fava Beans
Bean Sprouts	Cauliflower	Fennel Root
Beets	Chives	Garlic
Black-eyed Peas	Cilantro	Jicama

Kidney Beans
Leeks
Lima Beans (mature)
Mixed Vegetables (can)
Mushrooms
Navy Beans
Onions

Peas
Pinto Beans
Radicchio
Radishes
Rapini
Red Beans
Red Chard

Rhubarb
Snap Green Beans
Shallots
Snow Peas
Tomatoes (canned)
Watercress
Yams

Yellow Light

Artichokes
Bok Choy
Broccoli
Celery
Cherry Tomatoes
Chili Peppers
Choysum
Collards
Cucumbers
Dandelion Greens
Dill
Eggplant
Endive
Escarole
Green Bell Peppers
Green Peppers

Jalapeno Peppers
Kale
Kohlrabi
Lentils
Lettuce
Lima Beans (immature)
Mung Beans
Mustard Greens
Okra
Parsley
Parsnips
Poblano Peppers
Potatoes
Pumpkin
Purslane
Red Peppers

Rutabagas
Serrano Chilies
Soybeans
Spinach
String Beans
Summer Squash
Sweet Potatoes
Swiss Chard
Tomatillos
Tomatoes (fresh)
Tomato Sauce (can)
Turnip Greens
Turnips
Winter Squash

No Red Light Foods in This Category

NUTS AND SEEDS

Green Light

Almonds
Chinese Pine Nuts
Flax
Hazelnuts

Pecans
Pistachios
Pumpkin Seeds
Sesame Seeds

Sunflower Seeds
Walnuts
Water Chestnuts
Watermelon Seeds

Yellow Light

Lychee Nuts

Radish Seed

Red Light

Peanuts

JUICES**Green Light**

Apricot Nectar	Grape	Mixed Vegetable
Carrot	Lemonade	Pineapple
Cranberry	Lime	Prune

Yellow Light

Apple	Grapefruit	Tomato
Boysenberry	Orange	

No Red Light in This Category**JAMS, JELLIES, & SPREADS****No Green or Red Light in This Category****Yellow Light**

Blackberry Spread	Raspberry Spread
Boysenberry Spread	Strawberry Jam

MISCELLANEOUS PRODUCE ITEMS**Green Light**

Aloe Vera	Cole	Rombuton
Arrowroot	Durian	Seaweed Seasoning
Burdock Root	Langon	Shredded Bamboo
Cactus	Lotus Root	Taro
Cardoni	Pai Kon	