

Categorized_Inclusion_Food_Table

Food	Low Nickel	Low Zinc	Low Iron	Low Cadmium	Low Lead	Include in Diet	Category
Citrus Fruits (e.g., oranges, lemons, grapefruits)	Yes	Yes	Yes	Yes	Yes	Yes	Beverages
Citrus Fruits (e.g., oranges, lemons)	Yes	Yes	Yes	Yes	Yes	Yes	Beverages
Filtered Coffee (through paper)	Yes	Yes	Yes	Yes	Yes	Yes	Beverages
Mild Herbal Teas (e.g., peppermint, lemongrass)	Yes	Yes	Yes	Yes	Yes	Yes	Beverages
Filtered Water (glass)	Yes	Yes	Yes	Yes	Yes	Yes	Beverages
Electrolyte Water (unflavored, pure)	Yes	Yes	Yes	Yes	Yes	Yes	Beverages
Beer (bottled, light lagers)	Yes	No	No	Yes	Yes	Yes	Beverages
Sparkling Wine	Yes	No	No	Yes	Yes	Yes	Beverages
Vodka	Yes	Yes	Yes	Yes	Yes	Yes	Beverages
Gin	Yes	Yes	Yes	Yes	Yes	Yes	Beverages
Whiskey (bottled)	Yes	No	Yes	Yes	Yes	Yes	Beverages
Soft Drinks (bottled in glass)	Yes	No	No	Yes	Yes	Yes	Beverages
White Rice	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
Shirataki Noodles	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
White Rice	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
Pasta (refined, not whole grain)	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
Pasta (refined, not whole grain)	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
Rice (refined)	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
Sourdough Bread (white)	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
White Bread	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
French Baguette	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
Croissants	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
Bagels (plain white)	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
Rice-Based Cereals (e.g., puffed rice)	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
Refined Wheat Cereals (e.g., cream of wheat, refined wheat flakes)	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
Plain Crisp Rice Cereals	Yes	Yes	Yes	Yes	Yes	Yes	Breads and Cereals
Ketchup (small amounts)	Yes	No	No	Yes	Yes	Yes	Condiments
Mustard	Yes	Yes	Yes	Yes	Yes	Yes	Condiments
Mayonnaise (plain)	Yes	Yes	Yes	Yes	Yes	Yes	Condiments
Vinegar (e.g., white vinegar)	Yes	Yes	Yes	Yes	Yes	Yes	Condiments
Horseradish	Yes	Yes	Yes	Yes	Yes	Yes	Condiments
Milk (dairy)	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Cheese	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Whole Milk	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Cream Cheese	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Cheese (unprocessed, e.g., cheddar, mozzarella)	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Butter	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Cottage Cheese	No	No	No	Yes	Yes	Yes	Dairy
Dairy Products (e.g., milk, cheese)	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Eggs	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Whipped Cream	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Plain Yogurt	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Sour Cream	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Plain Yogurt	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Greek Yogurt (plain, non-flavored)	Yes	Yes	Yes	Yes	Yes	Yes	Dairy
Fresh Fruit Sorbet	Yes	Yes	Yes	Yes	Yes	Yes	Desserts
Vanilla Ice Cream	Yes	Yes	Yes	Yes	Yes	Yes	Desserts
Fruit Salad (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Desserts
Pound Cake	Yes	Yes	Yes	Yes	Yes	Yes	Desserts
Shortbread Cookies	Yes	Yes	Yes	Yes	Yes	Yes	Desserts
Custard or Pudding (vanilla, non-chocolate)	Yes	Yes	Yes	Yes	Yes	Yes	Desserts
Gelatin Desserts (e.g., Jell-O)	Yes	Yes	Yes	Yes	Yes	Yes	Desserts
Plain Shortbread Cookies	Yes	Yes	Yes	Yes	Yes	Yes	Desserts
Vanilla Wafers	Yes	Yes	Yes	Yes	Yes	Yes	Desserts
Fresh Fruit Snacks	Yes	Yes	Yes	Yes	Yes	Yes	Desserts

Peaches	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Apples	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Berries (e.g., strawberries, blueberries)	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Apples (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Bananas	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Berries (e.g., strawberries, blueberries, raspberries)	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Peaches	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Blueberries	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Oranges (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Pears	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Cherries (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Watermelon	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Kiwi	Yes	Yes	Yes	Yes	Yes	Yes	Fruits
Potatoes (peeled)	Yes	Yes	Yes	Yes	Yes	Yes	Grains
Cucumber	Yes	Yes	Yes	Yes	Yes	Yes	Grains
Cucumbers	Yes	Yes	Yes	Yes	Yes	Yes	Grains
Dill (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Herbs and Spices
Parsley (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Herbs and Spices
Basil (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Herbs and Spices
Fresh Mint	Yes	Yes	Yes	Yes	Yes	Yes	Herbs and Spices
Fresh Basil	Yes	Yes	Yes	Yes	Yes	Yes	Herbs and Spices
Fresh Thyme	Yes	Yes	Yes	Yes	Yes	Yes	Herbs and Spices
Fresh Parsley	Yes	Yes	Yes	Yes	Yes	Yes	Herbs and Spices
Peppermint (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Herbs and Spices
Orange Juice (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Juices
Cranberry Juice (unsweetened)	Yes	Yes	Yes	Yes	Yes	Yes	Juices
Lemon Juice (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Juices
Strawberry Juice	Yes	Yes	Yes	Yes	Yes	Yes	Juices
Watermelon Juice	Yes	Yes	Yes	Yes	Yes	Yes	Juices
Pomegranate Juice (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Juices
Chicken (lean, fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Meats
Lean Meats (e.g., chicken, turkey)	Yes	Yes	Yes	Yes	Yes	Yes	Meats
Olive Oil (pure, extra virgin)	Yes	Yes	Yes	Yes	Yes	Yes	Oils and Fats
Ghee	Yes	Yes	Yes	Yes	Yes	Yes	Oils and Fats
Avocado Oil	Yes	Yes	Yes	Yes	Yes	Yes	Oils and Fats
Guar Gum	Yes	Yes	Yes	Yes	Yes	Yes	Prebiotics
Gum Arabic	Yes	Yes	Yes	Yes	Yes	Yes	Prebiotics
Inulin (from chicory, Jerusalem artichoke)	Yes	Yes	Yes	Yes	Yes	Yes	Prebiotics
Resistant Starch (e.g., from green bananas, cooked and cooled potatoes)	Yes	Yes	Yes	Yes	Yes	Yes	Prebiotics
Hydrolyzed Beef Protein Powder	Yes	Yes	Yes	Yes	Yes	Yes	Protein Powders
Unflavored Whey Protein (pure, non-fortified)	Yes	Yes	Yes	Yes	Yes	Yes	Protein Powders
Egg Protein Powder	Yes	Yes	Yes	Yes	Yes	Yes	Protein Powders
Collagen Protein Powder	Yes	Yes	Yes	Yes	Yes	Yes	Protein Powders
Fish (white fish like cod)	Yes	Yes	Yes	Yes	Yes	Yes	Seafood
Salmon (wild or farmed)	Yes	No	No	Yes	Yes	Yes	Seafood
Puffed Rice Cakes	Yes	Yes	Yes	Yes	Yes	Yes	Snacks
Plain Saltine Crackers	Yes	Yes	Yes	Yes	Yes	Yes	Snacks
Salt	Yes	Yes	Yes	Yes	Yes	Yes	Spices
Fresh Oregano	Yes	Yes	Yes	Yes	Yes	Yes	Spices
Tomatoes (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Vegetables
Tomatoes (fresh)	Yes	Yes	Yes	Yes	Yes	Yes	Vegetables
Bell Peppers	Yes	Yes	Yes	Yes	Yes	Yes	Vegetables
Onions	Yes	Yes	Yes	Yes	Yes	Yes	Vegetables
Lettuce (e.g., iceberg)	Yes	Yes	Yes	Yes	Yes	Yes	Vegetables
Zucchini	Yes	Yes	Yes	Yes	Yes	Yes	Vegetables
Lettuce (iceberg, romaine)	Yes	Yes	Yes	Yes	Yes	Yes	Vegetables
Carrots	Yes	Yes	Yes	Yes	Yes	Yes	Vegetables

Exclude in Endometriosis Diet

Food	Low Nickel	Low Zinc	Low Iron	Low Cadmium	Low Lead	Include in Diet	Category
Vegetable Juices (e.g., canned mixed juice)	Yes	Yes	Yes	Yes	Yes	No	Beverages
Beer (canned)	Yes	Yes	Yes	Yes	Yes	No	Beverages
Fortified Wine (e.g., sherry, port)	Yes	Yes	Yes	Yes	Yes	No	Beverages
Red Wine	Yes	Yes	Yes	Yes	Yes	No	Beverages
White Wine	Yes	Yes	Yes	Yes	Yes	No	Beverages
Cider (canned)	Yes	No	No	Yes	Yes	No	Beverages
Dark Beers (e.g., stouts, porters)	Yes	Yes	Yes	Yes	Yes	No	Beverages
Green Tea (bagged)	Yes	Yes	Yes	Yes	Yes	No	Beverages
Black Tea (bagged)	Yes	Yes	Yes	Yes	Yes	No	Beverages
Herbal Teas (e.g., chamomile, hibiscus)	Yes	Yes	Yes	Yes	Yes	No	Beverages
Coffee (brewed)	Yes	Yes	Yes	Yes	Yes	No	Beverages
Instant Coffee	Yes	Yes	Yes	Yes	Yes	No	Beverages
Canned Soft Drinks (e.g., cola, lemon-lime soda)	Yes	Yes	No	Yes	Yes	No	Beverages
Tea (loose-leaf)	Yes	Yes	Yes	Yes	Yes	No	Beverages
Red Bull (and similar energy drinks)	Yes	Yes	Yes	Yes	Yes	No	Beverages
Gatorade (and similar sports drinks)	Yes	Yes	Yes	Yes	Yes	No	Beverages
Multigrain Bread	Yes	Yes	Yes	Yes	Yes	No	Breads and Cereals
Bread with Seeds (e.g., sesame, flaxseed)	Yes	Yes	Yes	Yes	Yes	No	Breads and Cereals
Whole Grain Cereals (e.g., granola, muesli)	Yes	Yes	Yes	Yes	Yes	No	Breads and Cereals
Bran Cereals (e.g., oat bran, wheat bran)	Yes	Yes	Yes	Yes	Yes	No	Breads and Cereals
Multigrain Cereals	Yes	Yes	Yes	Yes	Yes	No	Breads and Cereals
Fortified Cereals	Yes	Yes	Yes	No	Yes	No	Breads and Cereals
Oat-Based Cereals	Yes	Yes	Yes	Yes	No	No	Breads and Cereals
Seeded Cereals (e.g., flaxseed or sunflower seed cereals)	Yes	Yes	Yes	Yes	Yes	No	Breads and Cereals
Soy Products (e.g., tofu)	Yes	Yes	Yes	Yes	No	No	Condiments
Curry Sauce	Yes	Yes	Yes	Yes	Yes	No	Condiments
Soy Sauce	Yes	Yes	Yes	Yes	Yes	No	Condiments
Tomato Sauce	Yes	Yes	Yes	No	Yes	No	Condiments
Tomato Paste	Yes	Yes	Yes	No	Yes	No	Condiments
Pesto	Yes	Yes	Yes	Yes	Yes	No	Condiments
Tartar Sauce	Yes	No	Yes	Yes	No	No	Condiments
Hummus	Yes	Yes	Yes	Yes	Yes	No	Condiments
Guacamole	Yes	Yes	Yes	Yes	Yes	No	Condiments
Gravy	Yes	Yes	Yes	Yes	Yes	No	Condiments
Salsa (jarred)	Yes	Yes	Yes	Yes	Yes	No	Condiments
Pad Thai Sauce	Yes	Yes	Yes	Yes	Yes	No	Condiments
Teriyaki Sauce	Yes	Yes	Yes	Yes	Yes	No	Condiments

Food	Low Nickel	Low Zinc	Low Iron	Low Cadmium	Low Lead	Include in Diet	Category
Oyster Sauce	Yes	Yes	Yes	Yes	Yes	No	Condiments
Processed Cheese	Yes	Yes	Yes	No	No	No	Dairy
Milk Powder	Yes	Yes	Yes	Yes	No	No	Dairy
Yogurt (with fruit)	Yes	Yes	Yes	No	No	No	Dairy
Cheese Substitutes (e.g., soy, oat-based)	Yes	Yes	Yes	Yes	Yes	No	Dairy
Evaporated Milk	Yes	Yes	Yes	No	No	No	Dairy
Buttermilk	Yes	Yes	Yes	No	No	No	Dairy
Flavored Yogurt Drinks	Yes	Yes	Yes	No	No	No	Dairy
Cheesecake (with nut crust)	Yes	Yes	Yes	Yes	Yes	No	Dairy
Chocolate (dark)	Yes	Yes	Yes	Yes	Yes	No	Desserts
Chocolate Ice Cream	Yes	Yes	Yes	Yes	Yes	No	Desserts
Nut-Based Desserts (e.g., pecan pie, almond cookies)	Yes	Yes	Yes	Yes	Yes	No	Desserts
Dried Fruit Desserts (e.g., fruitcake, energy bars with dried fruit)	Yes	Yes	Yes	Yes	Yes	No	Desserts
Molten Lava Cake	Yes	Yes	Yes	Yes	Yes	No	Desserts
Tomatoes (sun-dried)	Yes	Yes	Yes	Yes	Yes	No	Fruits
Sun-Dried Tomatoes	Yes	Yes	Yes	Yes	Yes	No	Fruits
Grapes	No	No	Yes	Yes	Yes	No	Fruits
Cranberries (dried)	Yes	No	Yes	Yes	No	No	Fruits
Pineapple (dried)	Yes	No	Yes	Yes	No	No	Fruits
Pineapple Juice (from concentrate)	Yes	Yes	Yes	Yes	No	No	Fruits
Dried Fruits (e.g., figs, apricots)	Yes	No	Yes	No	No	No	Fruits
Dried Fruits (e.g., apricots, figs, prunes, dates)	Yes	Yes	Yes	Yes	Yes	No	Fruits
Avocado	Yes	Yes	Yes	Yes	No	No	Fruits
Plums (dried)	Yes	Yes	Yes	Yes	Yes	No	Fruits
Dried Fruits (e.g., apricots, figs)	Yes	No	Yes	Yes	Yes	No	Fruits
Oats	Yes	Yes	Yes	No	No	No	Grains
Buckwheat	Yes	Yes	Yes	No	No	No	Grains
Whole Wheat Products	Yes	Yes	Yes	Yes	Yes	No	Grains
Rice (brown)	Yes	Yes	Yes	Yes	Yes	No	Grains
Quinoa	Yes	Yes	Yes	Yes	No	No	Grains
Whole Wheat	Yes	Yes	Yes	Yes	Yes	No	Grains
Rye	Yes	Yes	Yes	Yes	Yes	No	Grains
Barley	Yes	Yes	Yes	Yes	No	No	Grains
Oats	Yes	Yes	Yes	No	No	No	Grains
Corn (whole)	Yes	Yes	Yes	Yes	No	No	Grains
Quinoa	Yes	Yes	Yes	Yes	No	No	Grains
Whole Wheat Bread	Yes	Yes	Yes	Yes	Yes	No	Grains
Pumpernickel	Yes	Yes	Yes	Yes	No	No	Grains
Rye Bread	Yes	Yes	Yes	Yes	No	No	Grains
Bagels (whole wheat)	Yes	Yes	Yes	Yes	Yes	No	Grains

Food	Low Nickel	Low Zinc	Low Iron	Low Cadmium	Low Lead	Include in Diet	Category
Rice Protein Powder	Yes	Yes	Yes	Yes	Yes	No	Grains
Tomato Juice (canned)	Yes	Yes	Yes	Yes	Yes	No	Juices
Prune Juice	Yes	Yes	Yes	Yes	Yes	No	Juices
Grape Juice	Yes	No	Yes	Yes	Yes	No	Juices
Apple Juice (canned or bottled)	Yes	No	Yes	Yes	Yes	No	Juices
Lentils	Yes	Yes	Yes	Yes	No	No	Legumes
Peas	Yes	Yes	Yes	No	No	No	Legumes
Green Beans	Yes	Yes	Yes	Yes	Yes	No	Legumes
Beef	No	Yes	Yes	No	Yes	No	Meats
Lamb	No	Yes	Yes	Yes	Yes	No	Meats
Pork	No	Yes	Yes	Yes	Yes	No	Meats
Veal	No	Yes	Yes	Yes	No	No	Meats
Organ Meats (e.g., liver)	Yes	Yes	Yes	Yes	Yes	No	Meats
Salami	Yes	Yes	Yes	Yes	Yes	No	Meats
Bologna	Yes	Yes	Yes	Yes	Yes	No	Meats
Ham (cured, deli slices)	Yes	Yes	Yes	Yes	Yes	No	Meats
Pepperoni	Yes	Yes	Yes	Yes	Yes	No	Meats
Turkey/Chicken Deli Meat	Yes	Yes	Yes	Yes	Yes	No	Meats
Pork Rinds	No	Yes	No	Yes	Yes	No	Meats
Sausages (e.g., chorizo, bratwurst)	Yes	Yes	Yes	Yes	Yes	No	Meats
Hot Dogs	Yes	Yes	Yes	Yes	Yes	No	Meats
Nuts (e.g., cashews, almonds)	Yes	Yes	Yes	Yes	No	No	Nuts and Seeds
Sunflower Seeds	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Pistachios	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Almonds	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Hazelnuts	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Peanuts	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Sesame Seeds	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Poppy Seeds	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Flaxseed	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Chia Seeds	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Walnuts	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Cashews	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Coconut	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Brazil Nuts	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Hemp Seeds	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Pecans	Yes	Yes	Yes	Yes	Yes	No	Nuts and Seeds
Millet	Yes	Yes	Yes	Yes	No	No	Oils and Fats
Sesame Oil	Yes	Yes	Yes	Yes	Yes	No	Oils and Fats
Margarine	Yes	Yes	Yes	Yes	Yes	No	Oils and Fats
Vegetable Oil (generic)	Yes	Yes	Yes	Yes	Yes	No	Oils and Fats
Peanut Oil	Yes	Yes	Yes	Yes	Yes	No	Oils and Fats
Sunflower Oil	Yes	Yes	Yes	Yes	Yes	No	Oils and Fats
Soybean Oil	Yes	Yes	Yes	Yes	Yes	No	Oils and Fats
Soy Protein Powder	Yes	Yes	Yes	Yes	Yes	No	Protein Powders

Food	Low Nickel	Low Zinc	Low Iron	Low Cadmium	Low Lead	Include in Diet	Category
Hemp Protein Powder	Yes	Yes	Yes	Yes	Yes	No	Protein Powders
Pea Protein Powder	Yes	Yes	Yes	Yes	Yes	No	Protein Powders
Whey Protein (fortified)	Yes	Yes	Yes	No	No	No	Protein Powders
Plant-Based Protein Blends (e.g., blends of soy, pea, and hemp)	Yes	Yes	Yes	Yes	Yes	No	Protein Powders
Shellfish (e.g., oysters)	Yes	Yes	Yes	Yes	Yes	No	Seafood
Oysters	Yes	Yes	Yes	Yes	Yes	No	Seafood
Shrimp	Yes	Yes	Yes	Yes	No	No	Seafood
Squid	Yes	Yes	Yes	Yes	No	No	Seafood
Eel	Yes	Yes	Yes	Yes	No	No	Seafood
Lobster	Yes	Yes	Yes	Yes	No	No	Seafood
Scallops	Yes	Yes	Yes	Yes	Yes	No	Seafood
Mussels	Yes	Yes	Yes	Yes	Yes	No	Seafood
Prawn	Yes	Yes	Yes	Yes	No	No	Seafood
Octopus	Yes	Yes	Yes	Yes	No	No	Seafood
Seafood (e.g., mussels, clams)	Yes	Yes	Yes	Yes	Yes	No	Seafood
Granola Bars	Yes	Yes	Yes	Yes	Yes	No	Snacks
Popcorn	Yes	Yes	Yes	Yes	Yes	No	Snacks
Potato Chips	Yes	Yes	Yes	Yes	Yes	No	Snacks
Pretzels	Yes	Yes	Yes	Yes	No	No	Snacks
Dried Mango	Yes	No	Yes	Yes	Yes	No	Snacks
Cookies with Nuts or Chocolate	Yes	Yes	Yes	Yes	Yes	No	Snacks
Chocolate	Yes	Yes	Yes	Yes	Yes	No	Snacks
Curry Powder	Yes	Yes	Yes	Yes	Yes	No	Spices
Turmeric	Yes	Yes	Yes	Yes	Yes	No	Spices
Black Pepper	Yes	Yes	Yes	Yes	Yes	No	Spices
Cumin	Yes	Yes	Yes	Yes	Yes	No	Spices
Paprika	Yes	Yes	Yes	Yes	Yes	No	Spices
Chili Powder	Yes	Yes	Yes	Yes	Yes	No	Spices
Dried Mint	Yes	Yes	Yes	Yes	Yes	No	Spices
Dried Basil	Yes	Yes	Yes	Yes	Yes	No	Spices
Dried Thyme	Yes	Yes	Yes	Yes	Yes	No	Spices
Dried Parsley	Yes	Yes	Yes	Yes	Yes	No	Spices
Dried Oregano	Yes	Yes	Yes	Yes	Yes	No	Spices
Garlic (dried)	Yes	Yes	Yes	Yes	Yes	No	Spices
Broccoli	Yes	Yes	Yes	Yes	No	No	Vegetables
Kale	Yes	Yes	Yes	Yes	Yes	No	Vegetables
Brussels Sprouts	Yes	Yes	Yes	Yes	Yes	No	Vegetables
Cauliflower	Yes	Yes	Yes	No	No	No	Vegetables
Cabbage	Yes	Yes	Yes	Yes	No	No	Vegetables
Spinach	Yes	Yes	Yes	Yes	Yes	No	Vegetables
Kale	Yes	Yes	Yes	Yes	Yes	No	Vegetables
Brussels Sprouts	Yes	Yes	Yes	Yes	Yes	No	Vegetables
Leafy Greens (e.g., spinach)	Yes	Yes	Yes	Yes	Yes	No	Vegetables
Tomatillos	No	No	No	No	Yes	No	Vegetables
Eggplant	Yes	Yes	Yes	Yes	Yes	No	Vegetables
Eggplant	Yes	Yes	Yes	Yes	Yes	No	Vegetables

Food	Low Nickel	Low Zinc	Low Iron	Low Cadmium	Low Lead	Include in Diet	Category
Beets (root and greens)	Yes	Yes	Yes	Yes	Yes	No	Vegetables
Sweet Potatoes	Yes	Yes	Yes	Yes	Yes	No	Vegetables
Potatoes (with skin)	Yes	Yes	Yes	Yes	Yes	No	Vegetables
Asparagus	Yes	Yes	Yes	Yes	Yes	No	Vegetables