

Life-Work Potential Limited: Foods By Culinary Category

Some foods are not in their correct botanical category, e.g. tomato is a fruit but is considered as a vegetable for culinary purposes.

We do not believe that this written information alone provides sufficient information for accurate kinesiology testing or dowsing. Please do not use this information in that way.

Dairy & Eggs

Food A	FA 6	Butter	
Food A	FA 10	Cheese, Cow	
Food E	FE 201	Cheese, Goat	
Food E	FE 202	Cheese, Sheep	
Food C	FC 116	Cheese, Vegetarian	
Food A	FA 15	Egg, Chicken	
Food E	FE 205	Egg, Quail	
Food A	FA 27	Milk, Cow	
Food C	FC 128	Milk, Goat	
Food E	FE 222	Milk, Sheep	
Food E	FE 223	Yoghurt, Sheep	
Food C	FC 158	Yoghurt, Cow	

Grains & Grain Substitutes

Food B	FB 59	Barley: pearl barley	
Food B	FB 65	Buckwheat	
Food C	FC 127	Gluten	
Food B	FB 83	Millet	
Food B	FB 84	Oats	
Food B	FB 85	Oats: organic	
Food C	FC 143	Quinoa, organic	
Food B	FB 91	Rice: long grain, brown, organic	
Food B	FB 89	Rice: long grain, white	
Food B	FB 90	Rice: short grain, white	
Food B	FB 93	Rye	
Food C	FC 149	Spelt flour, organic	
Food B	FB 104	Wheat flour: white plain organic, unbleached	
Food B	FB 103	Wheat flour: white, plain	
Food B	FB105	Wheat flour: white, self raising	
Food B	FB 106	Wheat flour: wholemeal, organic	

Meat

Food A	FA 4	Beef	
Food A	FA 11	Chicken	
Food E	FE 204	Duck	
Food A	FA 18	Ham	
Food A	FA 22	Lamb	
Food A	FA 43	Pork	
Food A	FA 54	Turkey	
Food E	FE 225	Venison	

Fish

Food C	FC 109	Anchovy in brine	
Food A	FA 12	Cod	
Food C	FC 122	Crab	
Food E	FE 203	Crayfish	
Food C	FC 129	Haddock	
Food E	FE 207	Halibut	
Food E	FE 209	John Dory	
Food C	FC 133	Lobster	
Food C	FC 134	Mackerel in brine	
Food E	FE 213	Monk Fish	
Food C	FC 136	Mussel	
Food E	FE 215	Oyster	
Food E	FE 216	Pilchard in olive oil	
Food A	FA 41	Plaice	
Food E	FE 217	Pollock	
Food A	FA 45	Prawns	
Food E	FE 218	Red Mullet	
Food B	FB 94	Salmon	
Food C	FC 147	Sardines in brine	
Food E	FE 219	Scallops	
Food E	FE 220	Sea Bass	
Food E	FE 221	Sea Bream	
Food C	FC 151	Squid	
Food C	FC 155	Trout	
Food A	FA 53	Tuna	

Fruit

Food F	FF 226	Acai Berry, Organic	
Food A	FA 1	Apple	
Food A	FA 2	Apricot	
Food A	FA 3	Banana	
Food B	FB 61	Blackberry: wild	
Food A	FA 5	Blackcurrant	
Food C	FC 113	Blueberry	
Food C	FC 117	Cherries	
Food D	FD 166	Clementine	
Food C	FC 123	Cranberry	
Food B	FB 75	Date	
Food F	FF 237	Durian	
Food B	FB 76	Fig	
Food E	FE 206	Goji Berry	
Food D	FD 171	Gooseberry	
Food A	FA 17	Grape	
Food B	FB 78	Grapefruit	
Food D	FD 172	Greengage	
Food A	FA 21	Kiwi Fruit	
Food D	FD 177	Kumquat	
Food A	FA 23	Lemon	
Food D	FD 178	Lime	
Food A	FA 25	Loganberry	
Food F	FF 240	Lucuma, Raw Organic	
Food D	FD 181	Mandarin	
Food C	FC 135	Mango	
Food B	FB 82	Melon: Galia	
Food A	FA 32	Orange	
Food D	FD 186	Passion Fruit	
Food C	FC 140	Paw Paw/ Papaya	
Food A	FA 36	Peach	
Food A	FA 38	Pear	
Food D	FD 187	Physalis/Cape Gooseberry	
Food A	FA 40	Pineapple	
Food A	FA 42	Plum	
Food D	FD 190	Pomegranate	
Food B	FB 88	Raspberry	
Food D	FD 193	Red Currant	
Food A	FA 47	Rhubarb	
Food D	FD 196	Satsuma	
Food D	FD 197	Star Anise	
Food D	FD 198	Star Fruit / Carambola	
Food A	FA 50	Strawberry	
Food B	FB 99	Sultana	
Food D	FD 199	Tangerine	
Food D	FD 200	Water Melon	

Vegetables

Food D	FD 159	Asparagus	
Food C	FC 110	Aubergine / Egg Plant	
Food C	FC 111	Avocado	
Food B	FB 60	Beetroot	
Food B	FB 63	Broad Beans	
Food C	FC 114	Broccoli	
Food B	FB 64	Brussel Sprout	
Food B	FB 66	Cabbage	
Food A	FA 7	Carrot	
Food A	FA 8	Cauliflower	
Food C	FC 115	Celeriac	
Food A	FA 9	Celery	
Food B	FB 73	Corn: sweet corn	
Food A	FA 13	Courgette/Zucchini	
Food A	FA 14	Cucumber	
Food C	FC 125	Endive	
Food D	FD 170	Globe Artichoke	
Food D	FD 173	Horseradish	
Food D	FD 174	Jerusalem Artichoke	
Food D	FD 175	Kale	
Food D	FD 176	Kohl Rabi	
Food C	FC 130	Lambs Lettuce	
Food C	FC 131	Leek	
Food A	FA 24	Lettuce	
Food A	FA 26	Marrow	
Food A	FA 30	Mushroom	
Food C	FC 138	Okra / Lady's Finger	
Food A	FA 31	Onion	
Food C	FC 139	Pak Choi	
Food A	FA 34	Parsnip	
Food A	FA 35	Pea	
Food A	FA 39	Peppers/ Bell Peppers	
Food A	FA 44	Potato	
Food C	FC 144	Raddichio	
Food B	FB 87	Radish	
Food D	FD 192	Red Cabbage	
Food C	FC 145	Rocket / Arugula	
Food B	FB 92	Runner bean	
Food C	FC 148	Sorrel	
Food A	FA 49	Spinach	
Food C	FC 150	Squash, butternut	
Food C	FC 152	Sweet Potato	
Food A	FA 52	Tomato	
Food A	FA 55	Watercress	
Food C	FC 157	Yam	

Herbs & Spices

Food C	FC 112	Basil	
Food D	FD 160	Bay Leaf	
Food D	FD 161	Caraway	
Food D	FD 162	Cardamom	
Food D	FD 163	Cayenne	
Food C	FC 118	Chili, red and green	
Food D	FD 165	Chives	
Food C	FC 119	Cinnamon	
Food D	FD 167	Cloves	
Food C	FC 121	Coriander / Cilantro	
Food C	FC 124	Cumin	
Food D	FD 168	Dill	
Food D	FD 169	Fennel	
Food A	FA 16	Garlic	
Food C	FC 126	Ginger, fresh	
Food C	FC 132	Lemongrass	
Food D	FD 180	Mace	
Food D	FD 182	Marjoram	
Food A	FA 28	Mint	
Food C	FC 137	Mustard	
Food D	FD 183	Nutmeg	
Food D	FD 184	Oregano	
Food D	FD 185	Paprika	
Food A	FA 33	Parsley	
Food C	FC 142	Pepper, black and white	
Food D	FD 194	Rosemary	
Food D	FD 195	Saffron	
Food C	FC 146	Sage, fresh	
Food C	FC 153	Tarragon, fresh	
Food C	FC 154	Thyme, fresh	
Food C	FC 156	Turmeric	

Nuts & Seeds

Food B	FB 57	Almonds	
Food B	FB 62	Brazil nut	
Food B	FB 68	Cashew nut	
Food D	FD 164	Chestnut	
Food B	FB 71	Coconut	
Food A	FA 19	Hazelnut	
Food E	FE 208	Hemp Seeds	
Food E	FE 210	Linseed	
Food D	FD 179	Macadamia Nut	
Food A	FA 37	Peanut	
Food C	FC 141	Pecan	
Food D	FD 188	Pine Nut	
Food D	FD 189	Pistachio Nut	
Food D	FD 191	Poppy Seeds	
Food A	FA 46	Pumpkin Seed	
Food A	FA 48	Sesame Seeds	
Food A	FA 51	Sunflower Seeds	
Food B	FB 102	Walnut	

Oils

Food F	FF 236	Coconut Oil, Raw	
Food B	FB 86	Oil: olive	

Pulses

Food B	FB 69	Chickpea	
Food B	FB 80	Lentil: brown whole	
Food B	FB 95	Soya bean: flour	

Sweeteners

Food F	FF 227	Agave Nectar / Syrup,	
Food B	FB 77	Glucose	
Food A	FA 20	Honey	
Food B	FB 81	Malt	
Food F	FF 242	Manuca Honey	
Food E	FE 211	Maple Syrup	
Food E	FE 212	Molasses, organic	
Food B	FB 96	Sugar: beet	
Food B	FB 97	Sugar: cane	
Food B	FB 98	Sugar: demerara	
Food F	FF 249	Xylitol	
Food F	FF 250	Yacon Syrup	

Miscellaneous

Food F	FF 228	Apricot Kernel	
Food B	FB 58	Baking Powder	
Food F	FF 229	Barley Grass Powder	
Food F	FF 230	Bee Pollen	
Food F	FF 231	Blue Green Algae	
Food F	FF 232	Broccoli Seed Powder	
Food F	FF 233	Cacao (Cocoa) Nibs, Organic	
Food B	FB 67	Carob	
Food F	FF 234	Chlorella, Organic	
Food C	FC 120	Chocolate	
Food B	FB 70	Cocoa	
Food F	FF 235	Cocoa Butter / Theobroma Oil	
Food B	FB 72	Coffee: ground	
Food B	FB 74	Cornflour / Corn Starch	
Food F	FF 238	Guarana, Raw Organic	

Food F	FF 239	Hemp Protein Powder	
Food B	FB 79	Hops	
Food F	FF 241	Maca Powder	
Food F	FF 243	Mesquite	
Food A	FA 29	Mixed Sweets/ Mixed Candies	
Food A	FA 56	Mixed Vial	
Food F	FF 244	Nopal Cactus	
Food E	FE 214	Olives in brine	
Food F	FF 245	Propolis	
Food F	FF 246	Royal Jelly	
Food F	FF 247	Spirulina Powder	
Food E	FE 224	Tofu	
Food B	B 100	Vinegar: malt	
Food B	FB 101	Vinegar: white wine	
Food F	FF 248	Wheat Grass Powder	
Food B	FB 107	Yeast: Bakers	
Food B	FB 108	Yeast: Brewers	

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