

Whole database meal scanner

Lamb (BASE)

O: Beneficial

A: Avoid

B: Beneficial

AB: Avoid

VARIANTS

- Lamb mince
- Lamb kebab
- Roast lamb
- Lamb shank
- Lamb chops

Pork

O: Avoid

A: Avoid

B: Avoid

AB: Avoid

VARIANTS

.Bacon

.Ham

Duck

O: Neutral

A: Avoid

B: Avoid

AB: Avoid

Shrimp

O: Neutral

A: Neutral

B: Avoid

AB: Avoid

Crab

O: Neutral

A: Avoid

B: Avoid

AB: Avoid

Lobster

O: Neutral

A: Neutral

B: Avoid

AB: Avoid

Mussels

O: Neutral

A: Neutral

B: Avoid

AB: Neutral

Scallops

O: Neutral

A: Neutral

B: Beneficial

AB: Neutral

Cod

O: Neutral

A: Beneficial

B: Beneficial

AB: Beneficial

Mackerel

O: Neutral

A: Beneficial

B: Beneficial

AB: Beneficial

Sardines

O: Neutral

A: Beneficial

B: Beneficial

AB: Beneficial

Trout

O: Neutral

A: Beneficial

B: Neutral

AB: Neutral

Turkey (BASE)

O: Neutral

A: Neutral

B: Neutral

AB: Beneficial

VARIANTS

- Turkey breast
- Turkey mince
- Ground turkey
- Turkey slices
- Roast turkey

Chicken (BASE)

O: Neutral

A: Neutral

B: Avoid

AB: Neutral

VARIANTS

-
- Chicken breast
- Chicken thighs
- Chicken wings
- Chicken drumsticks
- Grilled chicken
- Roast chicken
- Chicken strips

Eggs (BASE)

O: Neutral

A: Neutral

B: Neutral

AB: Neutral

VARIANTS

- Boiled eggs
- Fried eggs
- Scrambled eggs
- Omelette
- Egg whites

Tofu

O: Neutral

A: Beneficial

B: Neutral
AB: Beneficial

Milk
O: Avoid
A: Avoid
B: Beneficial
AB: Avoid

Yogurt
O: Avoid
A: Neutral
B: Beneficial
AB: Beneficial

Kefir
O: Avoid
A: Neutral
B: Beneficial
AB: Beneficial

Butter
O: Neutral
A: Avoid
B: Neutral
AB: Neutral

Mozzarella
O: Neutral
A: Neutral
B: Beneficial
AB: Beneficial

Feta cheese
O: Neutral
A: Neutral
B: Beneficial
AB: Beneficial

Goat cheese
O: Neutral

A: Neutral
B: Beneficial
AB: Beneficial

Ricotta cheese
O: Avoid
A: Neutral
B: Beneficial
AB: Beneficial

Cheddar cheese
O: Avoid
A: Avoid
B: Neutral
AB: Neutral

Cream cheese
O: Avoid
A: Avoid
B: Neutral
AB: Neutral

Swiss cheese
O: Avoid
A: Avoid
B: Neutral
AB: Neutral

Almond milk
O: Neutral
A: Neutral
B: Neutral
AB: Neutral

Soy milk
O: Neutral
A: Neutral
B: Avoid
AB: Neutral

Rice (BASE)

O: Neutral

A: Neutral

B: Neutral

AB: Beneficial

VARIANTS

- Boiled rice
- Steamed rice
- Jasmine rice
- Basmati rice
- Sushi rice
- Rice noodles
- Rice cakes
- Brown rice
- Egg fried rice

Oats (BASE)

O: Neutral

A: Neutral

B: Beneficial

AB: Beneficial

VARIANTS

- Porridge
- Rolled oats
- Overnight oats
- Granola
- OATMEAL

Quinoa

O: Neutral

A: Neutral

B: Neutral

AB: Neutral

Bread (BASE)

O: Avoid

A: Avoid

B: Neutral

AB: Neutral

VARIANTS

- White bread
- Brown bread
- Wholemeal bread
- Sourdough

- Toast
- Bagel
- Wrap
- Tortilla

Pasta

O: Avoid

A: Avoid

B: Avoid

AB: Avoid

Spaghetti

O: Avoid

A: Avoid

B: Avoid

AB: Avoid

Potatoes (BASE)

O: Neutral

A: Neutral

B: Neutral

AB: Neutral

VARIANTS

- Baked potato
- Mashed potato
- Roast potatoes
- Potato wedges

Sweet potato

O: Beneficial

A: Neutral

B: Beneficial

AB: Beneficial

Broccoli

O: Beneficial

A: Beneficial

B: Beneficial

AB: Beneficial

Spinach

O: Beneficial
A: Beneficial
B: Neutral
AB: Neutral

Kale
O: Beneficial
A: Beneficial
B: Beneficial
AB: Beneficial

Carrots
O: Neutral
A: Neutral
B: Beneficial
AB: Neutral

Cabbage
O: Neutral
A: Neutral
B: Beneficial
AB: Neutral

Bell peppers
O: Neutral
A: Neutral
B: Beneficial
AB: Neutral

Onion
O: Beneficial
A: Neutral
B: Neutral
AB: Neutral

Garlic
O: Beneficial
A: Beneficial
B: Beneficial
AB: Beneficial

Tomatoes

O: Avoid

A: Avoid

B: Avoid

AB: Neutral

Cucumber

O: Neutral

A: Neutral

B: Neutral

AB: Beneficial

Eggplant

O: Neutral

A: Neutral

B: Beneficial

AB: Beneficial

Zucchini

O: Neutral

A: Neutral

B: Neutral

AB: Neutral

Celery

O: Neutral

A: Neutral

B: Neutral

AB: Beneficial

Pumpkin

O: Beneficial

A: Neutral

B: Neutral

AB: Neutral

Radish

O: Neutral

A: Neutral

B: Avoid

AB: Avoid

Seaweed

O: Beneficial

A: Beneficial

B: Beneficial

AB: Beneficial

Napa cabbage

O: Neutral

A: Neutral

B: Neutral

AB: Neutral

Banana

O: Beneficial

A: Neutral

B: Beneficial

AB: Neutral

Apple

O: Neutral

A: Neutral

B: Neutral

AB: Neutral

Blueberries

O: Beneficial

A: Neutral

B: Neutral

AB: Neutral

Strawberries

O: Neutral

A: Neutral

B: Neutral

AB: Neutral

Grapes

O: Neutral

A: Neutral

B: Beneficial

AB: Beneficial

Pineapple

O: Neutral

A: Beneficial

B: Beneficial

AB: Beneficial

Mango

O: Beneficial

A: Neutral

B: Neutral

AB: Neutral

Watermelon

O: Neutral

A: Neutral

B: Beneficial

AB: Beneficial

Peaches

O: Neutral

A: Neutral

B: Neutral

AB: Neutral

Pears

O: Neutral

A: Neutral

B: Neutral

AB: Neutral

Lemon

O: Neutral

A: Beneficial

B: Neutral

AB: Beneficial

Orange

O: Avoid

A: Neutral

B: Neutral
AB: Neutral

Kiwi
O: Avoid
A: Neutral
B: Neutral
AB: Beneficial

Avocado
O: Avoid
A: Avoid
B: Avoid
AB: Avoid

Coconut
O: Avoid
A: Avoid
B: Avoid
AB: Avoid

Olive oil
O: Beneficial
A: Beneficial
B: Neutral
AB: Beneficial

Flaxseed oil
O: Beneficial
A: Beneficial
B: Neutral
AB: Neutral

Walnut oil
O: Neutral
A: Beneficial
B: Neutral
AB: Beneficial

Sesame oil
O: Neutral

A: Neutral
B: Avoid
AB: Neutral

Honey
O: Neutral
A: Neutral
B: Neutral
AB: Neutral

Maple syrup
O: Neutral
A: Neutral
B: Neutral
AB: Neutral

Dark chocolate
O: Neutral
A: Beneficial
B: Neutral
AB: Beneficial

Milk chocolate
O: Avoid
A: Neutral
B: Avoid
AB: Avoid

BEEF (base)
O: Beneficial
A: Avoid
B: Beneficial
AB: Avoid

VARIANTS

- Steak
- Minced beef
- Ground beef
- Beef patty
- Roast beef
- Beef strips
- Sirloin steak

- Ribeye steak

Pasta (BASE)

O: Avoid

A: Avoid

B: Avoid

AB: Avoid

VARIANTS

- Spaghetti

- Penne

- Fusilli

- Macaroni

- Tagliatelle

- Linguine

- Rigatoni

- Farfalle

MIXED FOODS

MIXED FOODS (BASE – SIMPLE V1)

Burger

O: Avoid

A: Avoid

B: Avoid

AB: Avoid

Pizza

O: Avoid

A: Avoid

B: Avoid

AB: Avoid

Sandwich

O: Avoid

A: Avoid

B: Neutral

AB: Neutral

Chicken sandwich

O: Neutral

A: Neutral
B: Avoid
AB: Neutral

French fries (chips)

O: Avoid
A: Avoid
B: Avoid
AB: Avoid

Chicken nuggets

O: Avoid
A: Avoid
B: Avoid
AB: Avoid

Fried chicken

O: Avoid
A: Avoid
B: Avoid
AB: Avoid

Stir fry

O: Neutral
A: Neutral
B: Neutral
AB: Neutral

Sushi

O: Neutral
A: Neutral
B: Neutral
AB: Neutral

Dumplings

O: Avoid
A: Avoid
B: Avoid
AB: Avoid

Taco

O: Avoid
A: Avoid
B: Avoid
AB: Avoid

Burrito
O: Avoid
A: Avoid
B: Avoid
AB: Avoid

Pancakes
O: Avoid
A: Avoid
B: Avoid
AB: Avoid

Waffles
O: Avoid
A: Avoid
B: Avoid
AB: Avoid