













































































RECOMMENDED FOOD		
	DATES, fruits [8]	0,033
	APRICOT, fruits [3]	0,038
	GREEN PEAS, vegetables	0,039
	PUMPKIN, vegetables [3,8]	0,044
	LEMON, fruits	0,046
	PINE NUTS, seeds [2]	0,046
	FIG , fruits [3]	0,048
	SPROUTING ONION, vegetables	0,055
	WALNUTS, seeds [1]	0,057
	ZINZIBER, spices	0,063
	GREEN TEA, drinks [9]	0,070
	YOGHURT, dairy [7]	0,073
	HONEY, spices	0,074
	SPINACH, vegetables [1]	0,076
	OYSTERS, fish [2]	0,103
	CHERRY, fruits	0,107
	BEEF, meat [2]	0,126
	GARDEN RADISH, vegetables [7]	0,129
	PEANUT, seeds	0,143
	CARROTS, vegetables	0,146
	LEEK, vegetables	0,147
	CHICKEN MEAT, meat	0,152
	KEFIR, dairy	0,156
	TOMATO, vegetables [5]	0,158
	RED WINE [Merlot], drinks [7]	0,160
	GRAPEFRUIT, fruits	0,163
	PORRIDGE OAT, cereals	0,166
	SPOTTED STRING BEAN, vegetables	0,171
	PEAR, fruits	0,183
	BUCKWHEAT GROATS, cereals.	0,188
	BLACK CURRANT, fruits	0,224
	MUTTON, meat	0,244
	VEAL LIVER, meat	0,254
	BLUEBERRY, fruits	0,258
	CELERY, vegetables	0,260
	GARLIC, vegetables	0,261
	MALIC ACETUM, spices	0,266
	WATER-MELON, fruits	0,354
	CRAB, fish	0,361
	BANANA, fruits	0,415
	SHRIMPS, fish	0,419
	LUCCU OIL, oil	0,498
	OAT FLAKES, cereals	0,508
	BALSAM [Rigas Melnais] drinks	0,511

	COCKWEED, vegetables	0,558
	EGGPLANT, vegetables	0,597
	BLACK LEGUMES, seeds	0,645
	RYE FLOUR, cereals	0,677
	BLUEBERRY, fruits	0,677
	CHERRY PLUM, fruits	0,728
	RED CAPSICUM, vegetables	0,738
	NATURAL RICE, cereals	0,827
	OYSTER MUSHROOMS, vegetables	0,880
	RUTABAGA, vegetables	0,885
	DANDELION, vegetables	0,896
	COFFEE, drinks	0,901
	TEQUILA [Olmeca Gold] drinks	0,922
	BLACKBERRY, fruits	1,018
	BERGAMOT, spices	1,039
	PLUM, fruits	1,104
	GRAPPA [Friulano] drinks	1,107
	SAFFRON, spices	1,162
	RED LENTIL, seeds	1,210
	VERMOUTH [Martini Extra Dry] drinks	1,243
	SUNFLOWER-SEED OIL, oil	1,247
	UNFILTERED BEER [Hoegaarden], drinks	1,255
	LIQUEUR [Baileys] drinks	1,266
	LAMINARIA, vegetables	1,329
	KVASS drinks	1,338
	SOUR CREAM, dairy	1,343
	MACKEREL, fish	1,372
	RYE BREAD, cereals	1,381
	BREAD WITHOUT GLUTEN, cereals	1,433
	MOZARELLA CHEESE, dairy	1,461
	LINSEED OIL, oil	1,482
	WHITE WINE [Riesling], drinks	1,506
	SAKE [Takara] drinks	1,529
	CARP, fish	1,572
	BEET, vegetables	1,586
	EINNAMON, spices	1,600
	QUAIL EGGS, dairy	1,609
NEUTRAL FOOD		
	COTTAGE CHEESE, dairy	1,636
	COD, fish	1,655
	TURTLE, meat	1,679
	ASPARAGUS, vegetables	1,684
	WHISKY [Chivas Regal], drinks	1,752
	VANILLA, spices	1,755
	CHOCOLATE, dairy	1,766

	SARDINES, fish	1,824
	HORSE-RADISH, vegetables	1,843
	HARDHEAD, fish	1,867
	PUMPKIN SEEDS, seeds	1,900
	TURKEY, meat	1,945
	BROCCOLI, vegetables	1,978
	CEPE, vegetables	1,984
	COW MILK, dairy	2,001
	RASPBERRY, fruits	2,005
	PIKE PERCH, fish	2,047
	ICEFISH, fish	2,092
	DIETARY LEMONADE, drinks	2,097
	CHICKEN EGGS, dairy	2,104
	BLACK TEA, drinks	2,180
	HAKE, fish	2,181
	PORT [Offley] drinks	2,202
	BUTTER, oil	2,236
	MILK MUSHROOMS, vegetables	2,271
	KIWI, fruits	2,287
	PICKLED CUCUMBERS, vegetables	2,326
	SILVERY DARTER, fish	2,339
	CARDAMON, spices	2,367
	HORSE BEEF, meat	2,383
	PARMESAN CHEESE, dairy	2,384
	CHICKEN EGG WHITE, dairy	2,440
	GREAT STURGEON, fish	2,464
	GRAPE COCHLEA, fish	2,519
	COGNAC [Camus XO], drinks	2,558
	IRIDESCENT TROUT, fish	2,621
	POPPY SEEDS, seeds	2,652
	ORANGE, fruits	2,672
	CRANBERRY, fruits	2,723
	ARTICHOKE, vegetables	2,747
	MUSTARD, spices	2,757
	CALVADOS [Coquerel] drinks	2,844
	SQUID, fish	2,881
	BARRACUDA, fish	2,887
	BASIL, spices	2,954
	EDIBLE FROG, fish	2,957
	STERLET, fish	2,979
	COARSE BREAD, cereals	3,022
	DARK BEER [Guinness], drinks	3,060
	TUNA, fish	3,089
	MELON, fruits	3,109

CONTRAINDICATED FOOD

	LARD, meat	6,757
	COCONUT, fruits	6,805
	THYME, spices	6,812
	FLOUNDER, fish	6,910
	MUSSELS, fish	6,920
	OCTOPUS, fish	7,163
	ANCHOVIES, fish	7,167
	CASHEWS, seeds	7,229
	BLACK OLIVES, vegetables	7,292
	WHITE CABBAGE, vegetables	7,387
	MANGO, fruits	7,500
	HALIBUT, fish	8,062
	CATFISH, fish	8,154
	DUCK MEAT, meat	8,543
	RED CABBAGE, vegetables	8,849
	GOOSE MEAT, meat	8,910
	BAY SCALLOP, fish	8,953
	SIBERIAN SALMON EGGS, fish	9,307
	MAYONNAISE, dairy	9,433
	CAMEMBERT CHEESE, dairy	9,605
	GREEN PEPPER , vegetables	9,968
	VODKA [Stolichnaya], drinks	10,388
	ABSINTH [Pernod] drinks	10,558
	CHICKEN EGG YOLK, dairy	10,965
	GORILKA [Nemiroff] drinks	13,053
	PEACH, fruits	13,298
	PINEAPPLE, fruits	14,415
	HERRING, fish	18,674
	SALMON, fish	19,401
	CUCUMBERS, vegetables	21,585
	EEL, fish	22,297
	HAZELNUT, seeds	28,985
	PISTACHIO, seeds	44,677