

AVOID FOODS WITH PLD

3-benzylidene-camphor	Cacao	Cosmetics with cod liver oil	Fish oily tuna	Hot toddies	Melons transported	Pheasant, commercial	Rolly toothbrush	Stevia	Wild yam
4-Methylbenzylidene sunscn	Caffeine ☠	CosmeticsPhnoosyethanol	Flaxseed ☠	HRT hormone replacement	Mercury	Phenacetin	Romano cheese	Stout malt liquor	Wild yam progesterone
Acesulfame potassium	Cake	Cottonseed oil	Fluoride	HT = harmful herb teas	Methionine	Phenoxyethanol	Root beer	Straganoff	Willow bark
Achyrocline	Callilepsis laureola	Craberry whole fruit	Fontina cheese	HT: caffeine free	Methylparabens	Phthalates	Rosemary	Strawberry	Windex
Acrylamide	Canadian bacon	Cream ☠	Forskolin	HT: chaparral	Microwaved food	Phytates phytic acid	Rum, scotch, gin	Strawberry drinks	Window cleaners
Advil	Candy	Cream puffs	Fragrance	HT: honeyVanillaChamomile	Microwaved popcorn	Phytoestrogens	Russet potato	Stuffing with wheat	Wine ☠
Agave	Cane sugar	Creatine supplements	Franks	HT: lemon zinger	Milk goat	Pickle juice	Saccharin	Sucralose	Woodruff
Ahi tuna	Canned juice	Crème fraiche	French fries	HT: licorice root	Milk shakes animal	Pickled egg	Safflower oil	Sucrose	Worcestershire sauce
Air fresheners phtalates	Canned soups	Crisco	Fried egg	HT: red zinger	Milk, cow animal	Pickles	Sage	Sugar ☠	Xagave
Alaskan king crab	Cannoli	Croissant	Fried egg white	HT: tangerine orange zinger	Miso	Ple, lard sugar	Sake ☠	Sugar cane	Xenoestrogens
Albacore tuna	Cantaloupe (fungus)	Crustaceans	Fried foods	Hydrogenated starch hydrolysate	Miso soup	Piña colada	Salami	Sugar cane crystals	Xylitol sugar
Alcohol ☠	Cappuccino	Cupcakes	Fructose	Ibuprofen	Mistletoe	Pink meats, bacon hot dogs	Salmon	Sugar cane juice	Yeast ☠
Ale	Carbon tetrachloride	Custard	Genistein	Iceberg lettuce	Mixed alcoholic drinks	Pink slime	Salt limit	Sugar cookies	Yeast baked goods
Alfalfa sprouts	Carbonated drinks	Dairy ☠	Gentamicin	Imitrex	Mochi	Pita	Salt pork	Sunett	Yellow cheese
Aloe Ø eat	Carnitine	Dandelion greens	Ghee	Impila root	Monterrey jack cheese	Pita chips	Saran wrap	Sunflower seeds	Yerba maté
Aluminum	Carrageenan	Danish	Ginger	Isomalt	Moscovado sugar	Pizza	Sardines	Sushi	Yucca
Amalgam	Carrot cake	Dark chocolate	Ginger ale	Italian sausage	Motrin	Plastic	Sarsaparilla	Swedish meat balls	
Ammonia	Carrots chlorine	DDT and residue	Gingko biloba	Jalapeño pepper	Mozzarella cheese	Plastic wrap	Sarsaparilla drinks	Sweet clover	
Anabolic steroids	Cascara sagrada	De-caf coffee	Ginseng	Jason PowerSmile toothpaste	MSG	Plums	Sashimi	Sweet One	
Anchovies	Catfish	De-caf cola	Glucosamine	Jin Bu Huan	Multiple vitamins	Poke	Sassafras	Sweet'N Low	
Andouille sausage	Celandine	De-caf tea	Glycols	Juice bottled/canned (BPA)	Nail chemicals	Pomegranate juice caution	Sassafras drinks	Swordfish ↑ mercury	
Angelica	Celery	DEHP PVC plasticizer	GMO	Juniper berries	Nail polish/removers	Popsicles with sugar	Satureiodes	T'u-san-chi	
Angelica dong quai	Chaparral tea ☠	Demerara sugar	Goji nightshade	Kava	Naproxen	Pork	Sausage	Table sugar	
Animal proteins ☠	Charred meats	Diethrin insecticide	Golden seal root	Keishi-bukuryo	Natto	Pork pie	Saw palmetto	Taco	
Apple cider Ø sugar	Apple cider Ø sugar	Chaste-tree berry	Golden yukon potato	Ketocoazole	Neats foot oil	Portuguese sausage	Scallops	Tagatose	
Apple strudel	Cheddar cheese	Dill	Gotu kola	Kola cola nut	Neotame	Potato	Scent fragrance	Tahini	
Arstolochia	Cheerios	Dill pickles	Grain bev: postum	Kombucha	Nightshade plants	Potato chips	Scrambled egg whi	Tamari	
Artificial sweetener	Cheese	Dong Quai	Grain bev: soyKaffee	Kudzu	Nizoral	Poultry chlorine bath	Scrambled eggs	Tamarind	
Asiago cheese	Cheese orange	Donuts	Grapefruit fruit caution	Kwao krua kao	Non-dairy creamer	Pregnancy	Sea bass ↑ mercury	Tansy	
Aspartame	Cheese parmesan	Doxidan	Grapefruit juice caution	Lady fingers	Non-stick teflon	Premarin	Seaweed	Tarragon	
Aspirin	Cheese puffs	Dr. Pepper	Green tea	Lard	Noni juice & fruit	Prepared packaged foods	Senna	Tea black	
Atrazine	Cheeseburger	Dried plums	Ground fish, meat, poultry	Latté	Nonylphenol derivatives	Pretzels wheat	Sesame seed	Tea caffeine ☠	
Atrazine weedkiller	Cheeseecake	Dried prunes	Groundsel	Laundry powder	NSAIDs	Prime rib	Shark ↑ mercury	Tea green	
Aubergine	Cheesesteaks	Dried strawberry	Grouper ↑ mercury	Lavender	Nutmeg	Processed foods	Shell fish	Tea white	
Aubergine	Chemicals ↑ cough	Dry cleaning chemicals	Hair dye chemicals	Lecithin	Oil, canola	Produce chlorine bath	Shrimp	Tee tree oil	
Bacon	Chervil	Dryer sheets	Ham hocks	Lei gong teng (Wait)	Oil, cottonseed	Progesterone cream	Siberian ginseng	Teeth plastic fillings	
Baguette wheat & yeast	Chicken chlorine ☠	Dubliner cheese	Hamburger	Licorice	Oil, lavender	Prosciutto	Sietan	Tempé	
Baked potato	Chicken nuggets	Duck	Hard cheese	Licorice drinks	Oil, safflower	Provolone cheese	Silver amalgam	Teriyaki sauce	
Bamboo rice	Chilies	Earl gray tea	Harmful herb teas: caffeine free	Lindane (insecticide)	Oil, sesame	Prune butter	Skullcap	Testosterone	
Bathroom sprays	Chips, salted	Éclair	Harmful herb teas: chaparral	Link sausage	Oil, sunflower	Prune juice	Sloppy Joe's	Tilefish ↑ mercury	
BBQ	Chloride	Edamame	Harmful herb teas: honeyVanillaChamomile	Linseed	Oil, tea tree	Prunes	Smoothies Ø dairy	Tiramasu	
BBQ meats	Chlorine clorox comet	Eel	Harmful herb teas: lemon zinger	Lithium	Onion dip	Pudding	Smoothies Ø sugar	Tofu	
Bearberry	Chocolate	Eggnog	Harmful herb teas: licorice root	Liver	Orange roughly ↑ mercury	Pumpkin pie whipped cream	Snakeroot	Tomato	
Beef ☠	Chocolate éclairs	Eggplant	Harmful herb teas: red zinger	Liverwurst	Organ meats	PVC polyvinyl choride	Soap powders	Tomato juice	
Beef pork pies	Chorella	Eggs scrambled	Harmful herb teas: tangerine orange zinger	Lobelia	Organic chlorines pesticides	Quail eggs	Sodium bicarbonat	Trehalose	
Beer ☠	Chorizo	Enchiladas	Hash browns	Lobster	Osha root	Quail, commercial	Solvents	Trout	
Beet sugar GMO	Chowder dairy	Endocrine disruptors	Hawthorne berries	Lollipop	Oven cleaners	Quarter pounder	Sorbitol	Truvia	
Bell peppers	Chrysanthemum tea	Ensure	Heating in microwave	Lupin	Packaged vegetables	Queen Anne's lace (wild carrot)	Sorrel	Tuna ↑ mercury	
BHT	Cleanser with bleach	Ephedra sinica	Heptachlor (insecticide)	Ma huang	Pappadums	Raclette	Sour cream	Turbinado sugar	
Bisphenol A	Clotted cream	Erythritol	Herb: uva ursi	Maca	Parabens	Ragu sauce	Soy ☠	Turkey, commercial	
Black cohosh	Clover ☠	Erythrosine FD C Red 3	Herb: valerian	Macaroni and cheese	Paracetamol	Ragwort	Soy flour	Tylenol	
Black tea	Clover honey	Escargot	Herb: wild carrot	Macela	Parmesan cheese	Ramen noodles	Soy lecithin	Uva Ursi	
Bleach ☠	Coca cola	Estrogen disruptors	Herb: wild yam	Macela achyrocline saturoiodes	Pastrami	Raw egg whites	Soy milk	Valerian	
Blood dishes	Cocktails	Estrogen pill/cream/patch	Herb: willow bark	Mackerel ↑ mercury	Paté foie gras	Raw eggs	Soy sauce	Veg juice bottled/canned BPA	
Blueberry whole fruit	Coconut sugar	Excedrin	Herbicides	Magnolia Officinalis	Patis	Ready to eat vegetables chlor	Spaghetti meat ball	Vegemite	
Bluefish ↑ mercury	Cod liver & oil ☠	Expresso	Herring	Mai tai	Pau d'arco	Red clover tea/honey ☠	Spaghetti wheat	Velveeta cheese	
Bologna	Coffee ☠	Fabric softner	Hershey bars	Malasadas	Peanut butter	Red food dye	Spare ribs	Vichyssoise	
Bottled juice	Cola ☠	Famotidine	HFCS	Malt liquor	Peanut butter cookies	Red meat	Spinach caution	Vienna sausage	
Bovine growth hormone	Cola drinks	Fennel	High fructose corn syrup	Maltitol	Peanut butter cups	Red potato	Spirits	Vinegar	
BPA	Cola Nut	Fenugreek	Hoagies	Mannitol	Peanut butter pretzels	Red rice yeast	Spirulina	Water crackers	
Bratwurst	Comet cleanser	Fermented fish paste	Hops	Maple syrup	Peanuts	Red velvet cake	Splenda	Wheat	
Brinjais (eggplant)	Comfrey	Fettuccine wheat	Hormones	Margarine	Pemican	Reggiano cheese	Squab commercial	Wheat germ	
Brown sugar	Commercial poultry	Filet mignon	Horse chestnut	Marlin ↑ mercury	Pennyroyal	Reseratrrol	Squid	Whey	
Buchu	Concentrated sugar	Fish cod liver oil	Horseradish	Maté	Peppid	Rhubarb	St. John's Wort	White flour, rice, sugar	
Buckthorn	Cookies	Fish oil ☠	Horsetail	Meat balls	Pepperoni	Rice wine	Star anise	White sugar beet sugar	
Bundt cake	Coral calcium	Fish oily mackerel	Hot chocolate	Meat loaf	Peppers	Rice, white	Star fruit ☠	White sugar cane sugar	
Butter ☠	Corn beef	Fish oily sardines	Hot dogs, rindswurst	Meat, red	Perfumes	Roast beef pre-cooked	Steak	White tea	
ButylatedHydroxyanisole BHA	Corn syrup	Fish oily trout	Hot tamales with lard	Melaleuca	Pesticides	Rolls yeasted	Stephania tetrandre	Wild carrot	

