

FRUIT (limit fruits to in-season and in moderation only)

YES	NO
Apples	Goji berries
Apricots	Melons (any kind)
Avocados (excellent), can exceed moderation	Tomatoes (ok if removed skin and seeds)
Blackberries	
Blueberries	
Cherries	
Citrus	
Crispy pears (Anjou, Bosc, Comice)	
Dates	
Figs	
Kiwi	
Nectarines	
Peaches	
Plums	
Pomegranates	
Raspberries	
Strawberries	