My YES List updated 4/5/2015

Meat
(nothing marinated, and must be fresh)
Fresh chicken (no liver or skin),
Fresh fish
Beef (only if it is fresh)
Turkey

Grains
Amaranth, Barley, Buckwheat, Chia Seeds, Corn, Rice, Brown rice, Wild Rice, Quinoa, Oats, Rye, Rice flour, plain flour, Pasta, noodles,

Fruit
(must be fresh and just ripe) *(do not eat over ripe fruit)
Apples, Apricots, Blonde cherries, Blueberries (small quantity), Coconut (fresh flesh, milk, oil, water), Fig, Kiwi Fruit, Longans, Lychees, Mango, Nectarines, Passion Fruit, Yellow Plums, Star Fruit, Rhubarb, Rock-melon, Peaches, Pear, Watermelon,

Veggies
Asparagus, String Beans (small quantity), Bean sprouts, Beets, Carrots, Cabbage, Celery, Chicory, Corn, Cucumbers, Endive, Kale, Lettuce, Potatoes (brown dirty variety not the fancy ones), Mushrooms (only if fresh), Peas, Pumpkin, Squash, Sweat potatoes, Turnips, Watercress, Water chestnuts, Yams, Zucchini,
Spring onions, Shallots, Leeks, Garlic, Ginger

Dairy
Eggs (fresh), Butter,
Rice milk, Oat milk, Soya milk, cows milk, goats milk
cream cheese, ricotta, Neufchâtel and cottage cheese (are safe in moderation)

Pulses
(not from cans)
Pinto beans, chickpeas (small quantity), black beans, kidney beans, soybeans (small quantity), peanuts (small quantity), fresh peanut butter

Miscellaneous
Commercial Supermarket Bread
Mayonnaise, Salad dressing (home made)
Vegetable oils & olive oil
Honey, Maple syrup, Sugar, Corn syrup, Molasses
Salt & pepper,
fresh herbs
sunflower seeds, fresh green almonds
citric acid
Dandelion
Natural potato chips, Popcorn
Gelatine
Gin, Vodka, Rum & Bourbon